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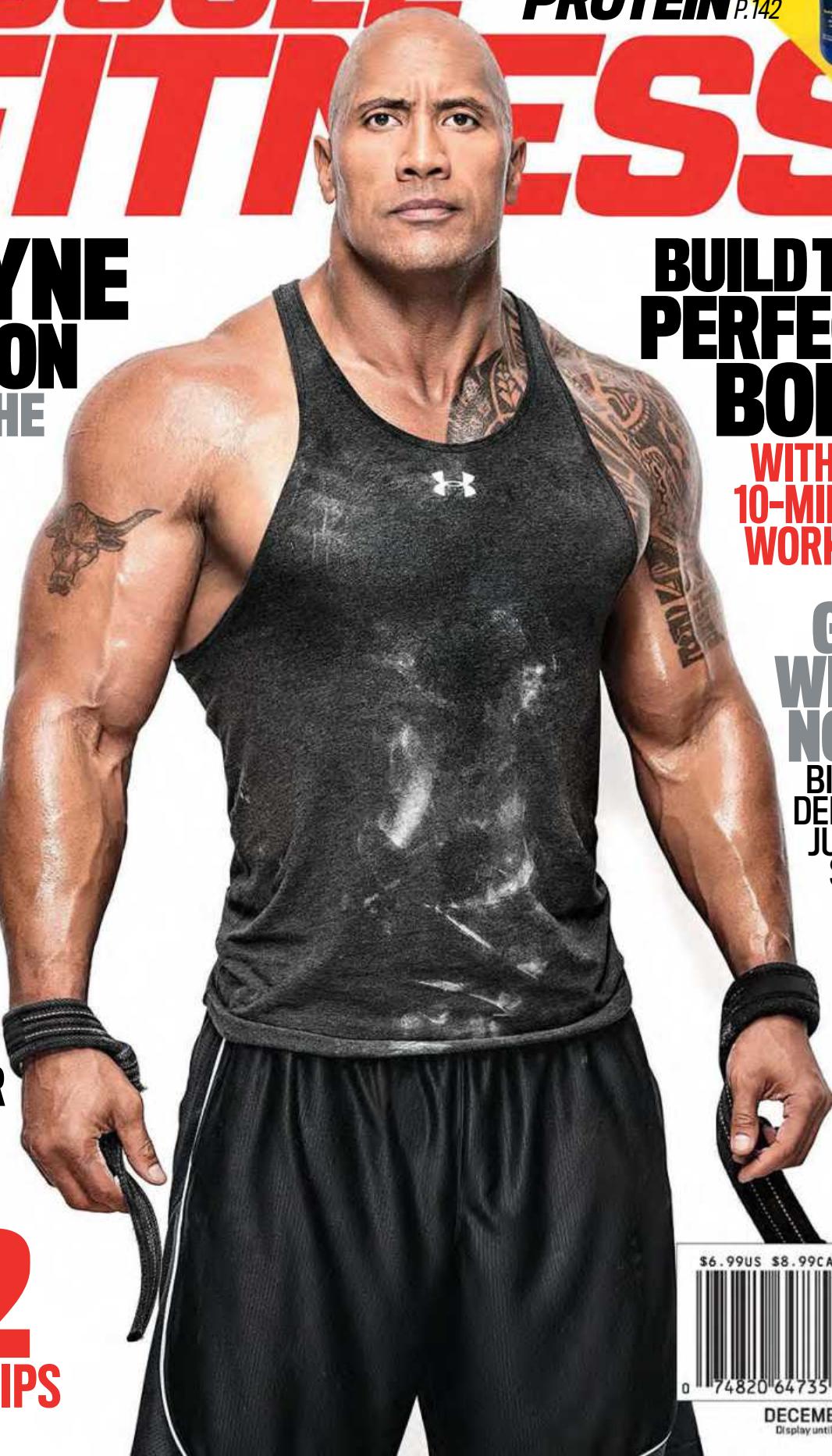
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Dwayne Johnson  
Photograph by Per Bernal





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Training advice  
from a champion  
triathlete.

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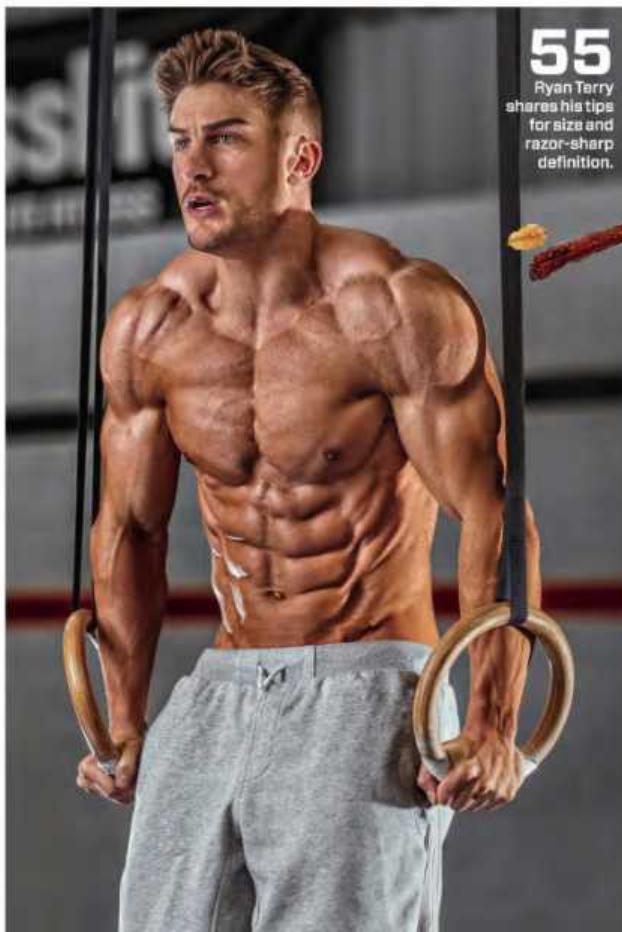
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# Bright Future

The fitness industry is only getting bigger. Dwayne Johnson is emblematic of that growth.

**WITH THIS ISSUE,** we celebrate the culmination of our 75th anniversary year, and as we do so, we not only take a look back at our rich history but forward as well.

The Muscle & Fitness story is an oft-told one, and one of which all of us here are proud. But as we get set to enter a new year I'd prefer to look forward rather than back, and celebrate the future of fitness, not to mention of Muscle & Fitness.

If you attended this year's Olympia Weekend, or watched the live webcast on FLEXonline.com, you heard me challenging the naysayers, who proclaim repeatedly that bodybuilding is dead. Well, as with bodybuilding, I see nothing but a bright future for fitness, in all its forms, and especially for the magazine you hold in your hands. Here at M&F we will continue to invest in the future by keeping our content and design on the cutting edge as we expand online.

In planning this issue we made a conscious decision to keep the future firmly in our sights, so it was a no-brainer that we would recognize a man who has connected with a new generation of fitness enthusiasts, as no one has since Arnold. Dwayne Johnson isn't just a hero on the big screen and in the wrestling ring; he's also a hero of the fitness movement, and the perfect representative for a new generation of fitness enthusiasts. I couldn't be prouder to have him on the cover—and guest-editing this issue—and I can think of no one more deserving of the title "Muscle & Fitness Man of the Century."

Sincerely,



**David J. Pecker**  
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Scheett, et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.



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# Full Circle

During the lowest point of my life, this magazine was my rock.

BY DWAYNE JOHNSON, GUEST EDITOR

**I'VE OFTEN TOLD THE STORY** of how I was evicted from my home when I was 14 years old. How my family was paying rent week to week and couldn't keep up with the bills. How we cried, how we were out on the street, how I fell in with a bad crowd—a theft ring, to be precise—and how I wound up in jail because of it. My mom, dad, and I eventually found our feet. I found college football, WWE, and finally, show business. The rest is history.

What many people don't know is that through all those really crappy times, *Muscle & Fitness* was one of the few things I could turn to for inspiration. It didn't just teach me how to lift and eat to build a better body. In many ways, it taught me about manhood itself. It taught me about hard work and where it can get you. The men who appeared so frequently on the cover—Arnold Schwarzenegger, Franco Columbu, Sylvester Stallone—were men of action. They built their bodies, and their lives, on the bedrock of hard work. Conversely, it seemed to me that other magazines chose to extol raw talent, celebrity, panache, and style as man's crowning achievements.

I'm not putting the other magazines down. Wherever you find inspiration, use it. But to me, *Muscle & Fitness* was the one magazine for which charisma alone couldn't buy you a cover. You had to be built—and to do that, you had to be willing to bust your ass for years on end. In those pages—and through the example of the men the magazine featured—I started to see a way through my troubles. I wasn't in control of any of the circumstances that surrounded me, but I was in control of my body. *M&F* taught me how to take control and in many ways planted the seeds

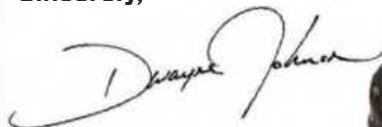
for a lot of my future successes. To come full circle and be a part of this magazine and help pay that positive message forward over the past decade-plus is an absolute honor.

Of all the covers I've done for *M&F*, this, my seventh overall, is the greatest milestone. If you know anything about me, you know how I keep the number seven within sight at virtually all times. Seven Bucks Productions is the name of my company. And seven bucks, of course, was how much I had in my pocket when I washed out of the Canadian Football League. After the eviction, this was the next lowest point of my life.

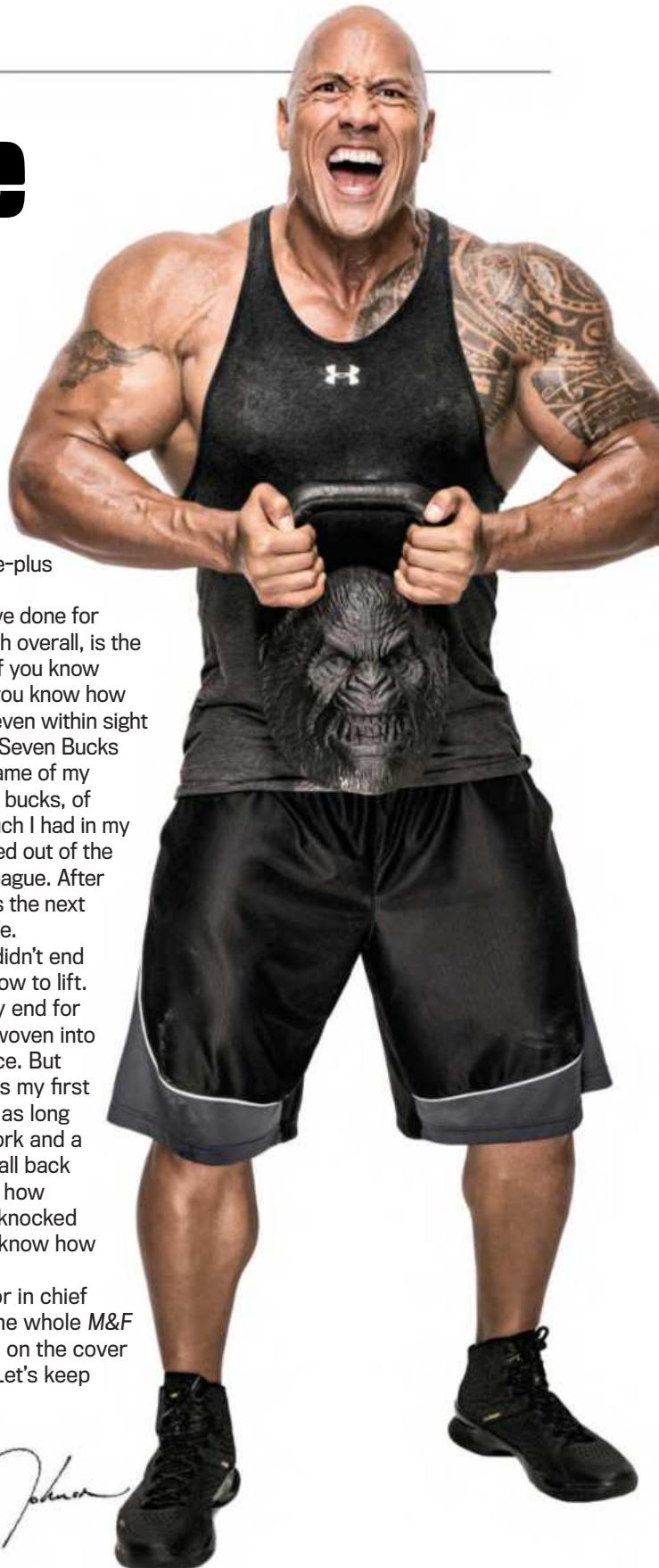
See, my troubles didn't end when I figured out how to lift. Troubles never really end for any of us—they are woven into the human experience. But with this magazine as my first guide, I learned that as long as you have hard work and a positive attitude to fall back on, it doesn't matter how many times you get knocked down. You'll always know how to get back up.

Thank you to editor in chief Shawn Perine and the whole *M&F* family for having me on the cover for a seventh time. Let's keep paying it forward.

Sincerely,



Dwayne Johnson





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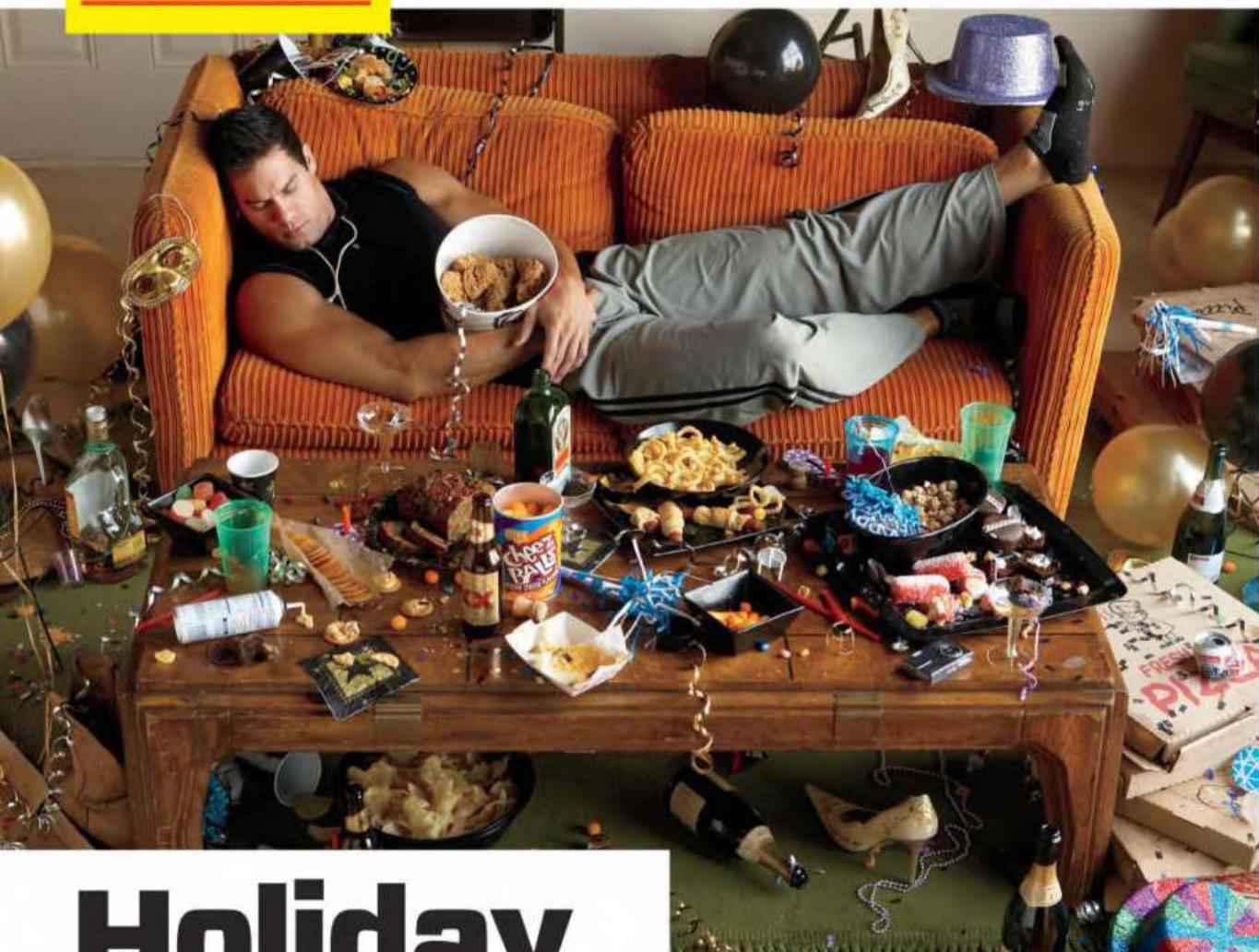
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# DWAYNE JOHNSON MAN OF THE CENTURY

BY SHAWN PERINE // PHOTOGRAPHS BY PER BERNAL //  
DIGITAL IMAGING BY JEFF OSBOURNE





## SEVENTY-FIVE YEARS AGO OUR FOUNDER STARTED A MOVEMENT. HERE IN THE THIRD MILLENNIUM, DWAYNE JOHNSON IS THE LIVING, BREATHING, NAME-TAKING, BUTT-KICKING EMBODIMENT OF THAT MOVEMENT.

When Joe Weider founded *Your Physique* magazine in late 1940, it was with a big dream and a healthy dose of gumption. The dream was to establish himself as a leader in the relatively nascent fitness movement, by educating and inspiring others to follow his lead into a life marked by vigor, self-confidence, and a burly physique. As for gumption, it's hard to argue that 20-year-old Joe's bold foray into the world of fitness publishing, with zero experience and just \$7 to his name, couldn't reasonably serve as an alternate definition of the word.

Here, at the end of 2015, we at *Muscle & Fitness* look back on the past 75 years with reverence and more than a little pride. That 17-year-old kid from Montreal's Jewish ghetto, for all his unfettered ambition, probably couldn't have dreamed of the heights he, or his hand-typed, hand-illustrated, mimeographed newsletter, would reach. Over the years between then and now, *Your Physique* would beget *Muscle Builder* and *Muscle Power* magazines, which would merge to become *Muscle Builder/Power*. Then, in 1980, his signature publication would undergo one

more title change, to *Muscle & Fitness*. Regardless of its title, this publication would profoundly change millions of lives over its storied history.

One such life was that of Arnold Schwarzenegger, who was so inspired by images of legendary bodybuilder Reg Park in it that he decided to follow his own dream of becoming a professional bodybuilder. As if by fate, Arnold's early success led him to be "discovered" by Joe himself, at the 1968 Mr. Universe contest in Miami, where a mentorship, friendship, and partnership of a lifetime would be formed.

In Arnold, Joe found the perfect face (and physique) to represent bodybuilding. In Joe, Arnold found not only support but also a launching pad for his stratospheric ambitions. Together and

### THE ROCK'S M&F COVERS



separately, Joe and Arnold turned bodybuilding (which is to say, the building of the body, as opposed to the sport of bodybuilding) from a counterculture activity into a worldwide phenomenon.

Suddenly, everyone wanted to get “pumped up,” and, by the end of the ’80s, Arnold became not just the world’s greatest bodybuilder and biggest film star but a change agent of historical proportions. By the turn of the millennium the two men had kick-started a revolution and built it into an empire upon which the sun never set, and *M&F* was its Magna Carta.

Around 2000, however, the action-hero heyday of the ’80s was well in the rear-view, and the serious fitness movement was flagging and in need of a new face. At the same time, another young man with a dream and gumption to spare emerged from his pro wrestling roots as a nascent film star.

With his breakout performance in 2001’s *The Mummy Returns*, Dwayne “The Rock” Johnson was poised to carry the torch lit by Arnold nearly 20 years earlier, as a muscular action star with a razor wit to match his razor cuts.

Over the ensuing decade and a half, Dwayne did in fact fulfill his promise, deftly transitioning from WWE Superstar to Hollywood star to cultural icon. Bulling his way past movie execs who, early in his acting career, tried to get him to slim down for more “mainstream appeal,” he ultimately turned his voluminous muscles into an asset, just as Arnold had done decades before.

Throughout the first decade of the 21st century, Dwayne’s star rose and his fan base grew, as he deftly straddled the worlds of wrestling and acting. In 2011, he took to social media, and his infectious personality shined right through the glow of millions of smartphones and tablets to further secure him a level of global recognition few others on planet Earth can claim.

All the while, Dwayne preaches the gospel of iron and sweat and muscle and fitness, mostly through his often bombastic, always humorous Instagram posts, a good many of which are posted from the gym. In doing so he’s converted countless young men and women to the fitness lifestyle. He’s made it “cool” to lift weights once again. He’s reminded the world that muscles aren’t just for show, that they’re emblematic of strength and discipline and, most important to him, nose-to-the-grindstone hard work. And he purposefully connects the dots between the work he



puts in at the gym with his success today.

Today, as we knock on the door of 2016, Dwayne Johnson continues to lead the call—the one that Joe Weider started 75 years ago—to a stronger, fitter, healthier lifestyle for one and all. He is the heir apparent to Joe’s legacy, not because he asked to be, but because he’s chosen to live as an example of the same ideals that captured Joe’s imagination in 1940 and to spread those ideals the world over, as Joe once did. And in a serendipitous twist that can’t only be coincidence, Dwayne also started his path to success with just \$7, expanding it to a fortune through drive and ingenuity.

For all of this, and because he’s #thepeopleschampion, *Muscle & Fitness* is proud to name Dwayne Douglas Johnson our Man of the Century. May he continue to inspire until the next one. **M&F**

**FOR MORE ON OUR MAN OF THE CENTURY, TURN TO PAGE 86.**

**TALKING SHOP** Dwayne Johnson chats with *M&F* editor in chief Shawn Perine during his cover shoot for this issue.





**MUSCLE  
& FITNESS**

**MAN  
OF THE  
CENTURY**

DWAYNE  
**JOHNSON**



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# FST-7

## ROCK HARD

### Body Blueprint

Taking your physique beyond  
where you thought was possible.

**JEREMY BUENDIA**  
2X Physique Olympia Champion





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**FST-7 training** sets the standard for you to optimize your physique's genetic potential. This incredible system was designed by trainer of champions and Evogen Nutrition CEO **Hany "the Pro Creator" Rambo**. Hany also serves as the Chief Formulation Scientist behind Evogen Nutrition. These award winning formulations have been test driven in the world's greatest physique to produce dramatic results quickly. When combined with proper nutrition and supplementation, this revolutionary training system can rapidly transform your physique into a masterpiece.

## FST-7 BLUEPRINT TRAINING SPLIT

DAY	TARGET
Monday	Biceps/Shoulders
Tuesday	Triceps/Back
Wednesday	Legs/Abs
Thursday	Chest/Calfes
Friday	Biceps/Triceps
Saturday	Off
Sunday	Off

### MONDAY: Shoulders & Biceps Blast

Exercise	Sets	Reps
Seated Lateral Raise**	4	10-12
Seated Dumbbell Press	4	8-10
Spider Bench Front Raises**	3	8-10
FST-7 Standing Lateral Raises <sup>†</sup>	7	8-12
Straight-Bar Spider Curls*	7	10 - 12
Standing EZ-Bar Curls**	3	8 - 10
Alternating Dumbbell Curls**	3	8 - 10
FST-7 Rope Hammer Curl <sup>*†</sup>	7	10 - 12

\*Rest 30-45 seconds between sets; \*\*Add five partial reps your last set.

† Advanced users contract the muscle during FST-7 "rest" period.



### TUESDAY: Back & Triceps Blast

Exercise	Sets	Reps
Reverse Grip Pull Down	3	10-12
V-Bar Pull Down	3	8-10
Reverse Grip Barbell Row	3	8-10
Low Cable Row**	3	10-12
FST-7 Straight Arm Pull Down <sup>*†</sup>	7	8-12
Rope Push-down*	3	10-12
Close-Grip Bench Press	3	8-10
Weighted Dips**	3	8-10
Overhead Cable Extension <sup>*†</sup>	7	8-12

\*Rest 30-45 seconds between sets; \*\*Add five partial reps your last set

† Advanced users contract the muscle during "rest" period



### WHAT DOES EVOGEN ELITE MEAN?

The status of Evogen Elite is a privilege that you must earn every day. Jeremy Buendia. The ability to balance your mind and actions, in the process sets you apart from average. Focused intensity should be your standard discipline built upon a balanced lifestyle. You must exude a humble confidence in your fitness journey. We are Evogen Elite.

### WEDNESDAY: Legs & Abs

Exercise	Sets	Reps
Leg Extensions**	4	10-12
Squats	3	8-10
Hack Squat	3	8-10
FST-7 Leg Press <sup>*†</sup>	7	10-12
Seated Leg Curls	3	10-12
Stiff-Leg Deadlifts	3	8-10
FST-7 Laying Leg Curls <sup>*†</sup>	7	8-12
Reverse Crunch***	4	14-20
Medicine Ball Russian Twist***	4	14-20
Hanging Twisting Leg Raises***	4	12-16
Mountain Climbers	4	Failure

\*Rest 30-45 seconds between sets; \*\*Add five partial reps your last set.

\*\*\*Abs exercises are done in a circuit with no rest between sets with a one minute rest after each completed circuit. † Advanced users contract the muscle during FST-7 "rest" period.



## THURSDAY: Chest & Calves

Exercise	Sets	Reps
Hammer Strength Incline Press**	4	10-12
Flat Bench Fly	3	8-10
Machine Bench Press	3	8-10
FST-7 Standing Cable Crossover*†	7	10-12
Standing Calf Raises	4	10-12
Leg Press Calf Raises	4	10-12
FST-7 Seated Calf Raises*†	7	10-12

\*Rest 30-45 seconds between sets; \*\*Add five partial reps your last set, between sets with a one minute rest after each completed circuit. †Advanced users contract the muscle during FST-7 "rest" period.

, even 2X Physique Olympia Champion in your pursuit of breaking your genetic potential, and You earn our title through unwavering confidence that serves as inspiration to the

## FRIDAY: Biceps & Triceps

Exercise	Sets	Reps
FST-7 Seated Dumbbell Curls*†	7	10 - 12
Incline Dumbbell Curls **	3	8 - 10
Machine Preacher Curls**	3	8 - 10
FST-7 Straight-Bar Spider Curls*†	7	10 - 12
FST-7 Reverse Grip Cable Ext.*†	3	10-12
Close-Grip Bench Press	3	8-10
Laying Overhead Ext. w/Cambered Bar	3	8-10
FST-7 Rope Push-down*†	7	8-12

\*Rest 30-45 seconds between sets;

\*\*Add five partial reps your last set.

†Advanced users contract the muscle during FST-7 "rest" period



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## LEVEL 1: Evogen Blueprint Stack

Product	Servings	Timing	Purpose
EVP Plus	1-2	30-40 minutes Pre-Training	Increases energy, muscle volume, etc.
Aminoject	1	Stack w/EVP Plus Pre-Training	Pre-loads the body with BCAAs and electrolytes while shutting down catabolic pathways.
Cell KEM	1-2	While Training	Accelerates anabolic pathways, recovery, nitric oxide delivery, and power output while training.
Isoject	1-2	Post Training	Post-workout protein facilitates recovery.

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BLUEPRINT eBook AT  
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# HOT LIST

WHAT YOU NEED TO KNOW THIS MONTH



WATCH

## STAR WARS EPISODE VII

If you get within two miles of any movie theater on Dec. 18, you will hear a high-pitched squeal that'll send shivers down your spine. This is the world's largest collective nerd-gasm as *The Force Awakens* arrives with real sets, real props, and characters you actually care about. Can it pull the greatest Jedi mind trick of all and wipe the prequel trilogy from our memories? Let's hope!



PLAY

## RAINBOW SIX SIEGE

The *Rainbow Six* series elevates the process of breaching a terrorist stronghold to a high art. Forget running in like Rambo; you'll have to perfectly plan every aspect of your mission to survive. \$60, Xbox, PS4, PC, Dec. 1

TRAIN

# 90 MINUTES OR MORE

A recent study in the journal *Circulation* showed that 30 minutes a day of exercise may not be enough to keep your heart healthy; you may need to triple or quadruple that amount of time to substantially reduce your risk of heart failure.



## SUPPLEMENT NERIUM: EHT

A powerful mix of B vitamins, selenium, and coffee extracts give you a hyper shot of focus. Take that, afternoon drag. Don't like it? Nerium offers a money-back guarantee.

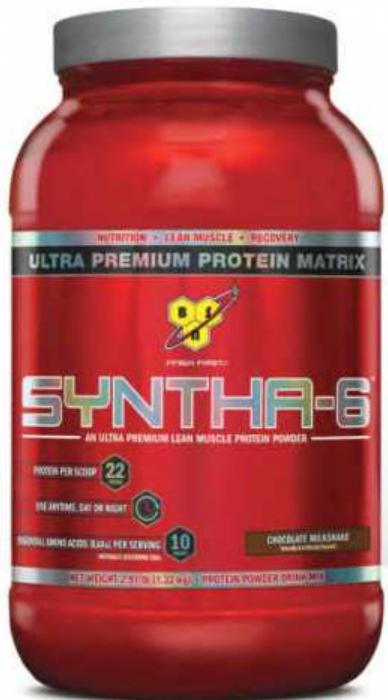
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**BULK FOR SEX**

■ Good news for M&F readers: A bigger, bulkier frame translates into a more active sex life, a new study published in *Evolutionary Psychology* found. The study covered more than 60,000 heterosexual men and women and asked for the height, weight, and number of sex partners they've had. There was little difference across the height range for number of partners (except for supershort guys, sorry), but those with a body mass in the middle—normal and overweight—reported getting the most action. But as we all know, the BMI guidelines don't necessarily relate to the real world, especially for lifters, but the researchers said that men who appear bigger and more powerful reported more sexual experiences.

**SNOOZE FOR HEALTH**

■ For those of you who think you can skip sleep and still make serious gains, think again. A new study published in *Sleep* found that consistently getting less than six hours of sleep per night can cause fat gain, high cholesterol, and high blood sugar. Developing metabolic syndrome, which is what the culmination of those indicators is called, will also up your risk for diabetes, heart disease, and stroke.

**YES, VIRGINIA!**

■ It can be tough to find a quality gym close by, but if you aren't happy with the amount of gyms around you and are thinking about a move, try checking out Virginia. Data-crunching firm AggData recently ran the retail data on the number of workout spots per 10,000 county residents from every state in the U.S. and found that **Virginia has more than 10 times the gyms per capita than the nation's average.** Counties in New York and Tennessee ranked the lowest. Virginia is for lovers...and lifters!



**"IT IS HEALTH THAT IS THE REAL WEALTH AND NOT PIECES OF GOLD AND SILVER."**

■ Mahatma Gandhi

**FAT IS DEPRESSING**

■ M&F has never said not to eat fat, just to keep it to no more than 30% of your total caloric intake. Fat is an important part of cell signaling, immune function, and energy regulation. A high-fat diet, however, can lead to heart attacks and stroke, and a recent study in the *British Journal of Pharmacology* found that it may also lead to anxiety and depression. The increased body weight and high blood sugar that results from a fatty diet affect metabolism, which leads to changes in the brain.

**ATTENTION, M&F READERS!**

■ We know this latest U.S. government analysis on our exercise habits doesn't include any M&F readers, but a Healthy People 2020 survey recently reported that 36% of Americans aren't getting any exercise at all. Sheesh, no wonder obesity and chronic disease rates are on the rise. Our prescription? Direct your laziest friend to a copy of M&F, stat!



# MISSION<sup>1</sup> CLEAN PROTEIN BAR



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# CLEAN PROTEIN BAR EVER!

You're on a mission to be the best. Whether your mission is to get more fit, score more goals, or to just get more done, **MISSION<sup>1</sup>**™ Clean Protein Bars from MuscleTech® are designed to get you there using premium nutrition with a delicious, gourmet taste that's better than any other protein bar available. Made with only the highest quality ingredients, they're big on flavor and deliver everything athletes want in a high-performance bar. We put in our best, so you can be your best.

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### IRON MANLY APPETITES

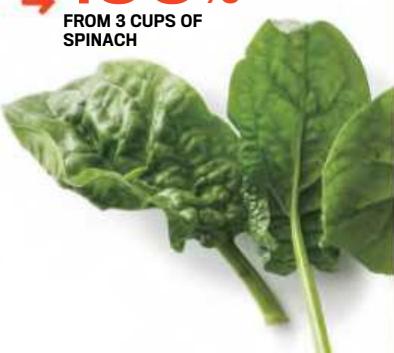
■ Getting enough iron is crucial for proper growth and development, but new research shows that too much iron can actually suppress leptin, the hormone that regulates appetite. The daily value for iron is 18 milligrams a day for men, so stick to that recommendation to help.

### THE DAILY VALUE

→ **18 mg**  
VALUE FOR MEN

→ **22%**  
FROM A JUICY STEAK

→ **100%**  
FROM 3 CUPS OF SPINACH



## CRAVING QUESO

■ It might be time to stop saying "cheese," a recent report from the University of Michigan found. Researchers ran 500 students through the Yale Food Addiction Scale, which is designed to test whether you are addicted to a certain food, and found that pizza (not surprisingly) topped the list of most addictive. **The main reason is the cheese, since it's a processed and fatty food and most associated with addictive eating behaviors.** Cheese also contains casein, which releases opiates called casomorphins during digestion—they can affect our dopamine receptors, leading to addictive behaviors.

STRONG WORDS



**"IF I PUT INFERIOR FOODS IN MY BODY TODAY, I'M GOING TO BE INFERIOR TOMORROW, IT'S THAT SIMPLE."**

■ Jack LaLanne

## SUPER TOMATOES TO THE RESCUE!

■ Tomatoes are an essential part of a healthy diet—they are chock-full of phytonutrients like lycopene and beta-carotene and have high levels of vitamins C and K. Scientists from the John Innes Centre in the U.K. have figured out how to pack even more supernutrients into the red fruits by adding a protein that makes the tomato

go into overtime producing a class of polyphenols (or antioxidants) called phenylpropanoids. These compounds, which are similar to resveratrol, have been shown to help prevent cancer and heart disease. They got the engineered tomatoes to pump out the same amount of polyphenols in 50 bottles of red wine—cheers to that.



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**120MG**  
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Green Tea Extract  
Vitamins B6 & B12  
Antioxidant Vitamin E

**100**  
CALORIES

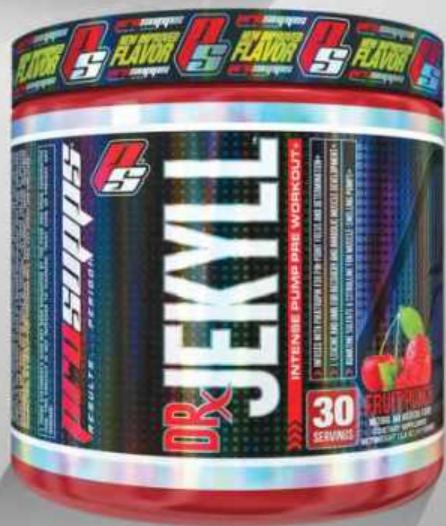
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## STAR POWER

The "Swiss Superman" of the WWE, Cesaro, p38.

## IRON MAIDEN

Stunning celebrity trainer Astrid Swan, p44.



NEWS / INTERVIEWS / SPORTS / GEAR

# "It's the Will to Survive."

A terminal cancer diagnosis couldn't keep **MATT KLUTKA** out of the gym. Every day he's training his ass off—and with every rep, defying the odds.

BY MATT TUTHILL

PHOTOGRAPHS BY CHRISTOPHER NOLAN

### IF YOU HAD ONLY A FEW

weeks to live, how would you spend your time? It's the hypothetical question that trumps all others, and most guys answer it the same way: They'd make peace with their loved ones, then go out with a bang. Vegas is usually mentioned. So is booze. Maybe an outrageous diet of pancakes and doughnuts like Bill Murray's in *Groundhog Day*. Forget training and eating clean. You can't take fitness with you, right?

But in so many ways, Matt Klutka isn't most guys. He's facing that very

question now, and not as a hypothetical. In August of this year, doctors gave Klutka just a few weeks to live. Since December of 2013, Klutka has been battling a rare form of cancer—leiomyosarcoma—that began in a vein near his heart and spread to his liver and lungs. Multiple surgeries have weakened him. Chemotherapy has made him sick. And despite some success in his treatments, the cancer has come back each time.

Nevertheless, nearly every day—and even on his worst days—the

36-year-old is training, either in his basement gym or the local place near his home in Patterson, PA. If old habits die hard, Klutka gives new meaning to the adage. He's an avid weightlifter, distance runner, and snowboarder—with a lean, muscular physique to match. Even as chemotherapy sent him running to the toilet to puke, you couldn't keep him away from the weights.

"It's the will to survive," Klutka says when asked why he's still training. "To be here for my son. Eating clean and working out—the only thing it can do is prolong my life."

The trouble started about two years ago. Though Klutka ran half marathons regularly and could breeze through a 5K in about 21 minutes, he noticed that his work capacity had suddenly diminished. His runs started to feel harder, and short distances began to tax him. When his legs began to swell, he thought it might be a complication from old back injuries he suffered while playing high school and college football. The issue came to a head one day when he could push his thumb nearly an inch into his shin.

"That's how bad the swelling was," Klutka says. "A co-worker told me, 'That usually means only one of two things—heart failure or kidney failure.'"

Klutka was rushed to the hospital where doctors found heavy blood clotting and a large mass that had taken root in his inferior vena cava, the largest vein in the body that brings blood back to the heart from the lower extremities. Doctors initially believed it was a large clot, but a second opinion revealed that it was cancerous.

Klutka immediately underwent aggressive chemotherapy in the hopes of shrinking the mass enough to remove it in a surgical procedure that carried a survival rate of only 30-50%. After a week and a half of constant headaches and vomiting from chemotherapy, he made a decision: If he was going to survive surgery, he needed to be in the shape of his life. He took himself off of bed rest and went down to the basement with one of his good friends, Mike Schlack. They devised circuits of 10-15 reps on exercises



**NEVER STOP FIGHTING** Klutka trained through chemotherapy, vomiting between sets.

with two minutes of jumping rope between each one. On chest day he'd bench, then do ring pushups, dumbbell flyes, and incline dumbbell presses.

Klutka would often get sick in the middle of the routines, run to the bathroom to vomit, then return to finish his set. Rather than lose weight and begin to appear sickly, he built himself up from about 190 pounds (a weight at which he could bench 405) to 205 in three months.

The major surgery in March of 2014 was successful. Besides removing the mass, doctors also took his right kidney (which had died due to lack of blood flow), part of his intestine, and scraped his aorta and pancreas. But complications ensued. His body began leaking lymphatic fluid, and he blew up to 260 pounds due to the fluid retention. Doctors needed to install a port in the side of his abdomen to drain the fluid—and keep it there for two months.

His long slog through the ringer continued: An unrelated surgery for

his back issues followed, and he contracted a MRSA infection during the discectomy that paralyzed him for two months. Two more surgeries were required to fix the damage.

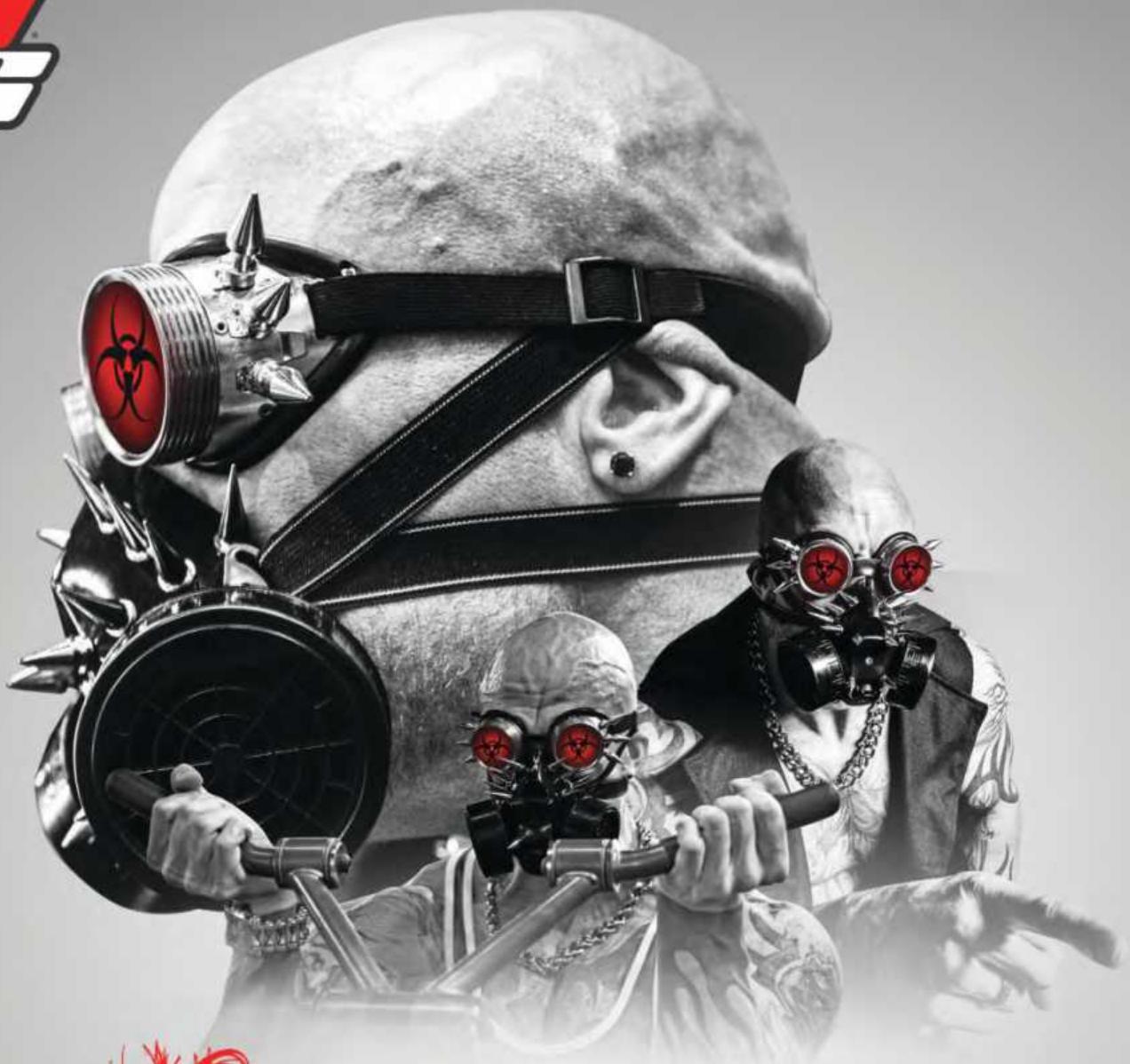
By the time he was back on his feet and training again in August of 2014, a scan revealed a spot on his liver and several on his lungs. It meant more chemo and another surgery in November. By January of 2015, the spots were back yet again. This time, Klutka was offered an experimental trial of a new drug.

"They call it immunotherapy," he says. "It teaches your immune system to fight the cancer cells, and it had worked for other people. It didn't work for me."

Moreover, the experimental drugs destroyed his thyroid, the clots came back, and new cancer formed in a vein close to his heart. When doctors discovered the new mass this past August, they told Klutka he had just a few weeks to live.

"It's very overwhelming when you get news like that," Klutka says. "The first thing I thought about was my family—my parents, my son, my girlfriend—how much I'm going to miss them. You think, 'How could this be happening?' I've worked so hard this whole time, how could it be getting worse? Then you come back down to earth and put your faith in

**"I'VE BEEN BLESSED WITH A LOT OF AMAZING THINGS IN LIFE...THERE'S NO REASON TO FEEL BAD FOR ME."**



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THREE STAGE ENERGY BLEND+

MORE ANIMAL THAN MAN



God. You just get back into your regular routine and have a will to live. I keep going with my diet. I'm still eating clean. I keep going with my workouts—even on days I don't want to get up. I push myself to get up and do it. I feel pretty good right now. I have a little pain in my chest—it's hard to breathe when I do cardio because I have tumors and clots in my lungs.

"But my thought is this: How much do the doctors really know? They can't cure it, so how can they tell me I have only two weeks to live? I just don't believe them. It's already been a month and a half."

In the face of immeasurable hardship—besides the pain, he's been saddled with astronomical medical bills—Klutka insists that the whole situation is a blessing.

"It's put a lot of things in perspective for me," he says. "The things I used to worry about or obsess over, I know they're just meaningless. I wanted to make all this money and buy all these things. And now I realize all the most important things are right in front of me: My son, my mom, my dad, my girlfriend, my friends. Time is the most precious currency we have. You never know when your time is up. You have to take advantage of every moment you have with your friends and family and loved ones because that can be taken away in an instant. Everything else can be replaced."

Klutka has been forced to stop working as a sales representative for a plastics company—he was in line for a promotion to management before he got sick—and has since used any time that he's not training or undergoing treatments to spend time with his 11-year-old son, Cebran, his parents Andrew and Kathy Klutka, and his girlfriend Chelsea Howe, whom he met through mutual friends and began dating in January of this year.

"She met me when I was sick, and she still decided to date me," Klutka says. "I've got a great girlfriend. I've been blessed with a lot of amazing things in life."

Friends will come to visit and check in on him. Some of them get pretty upset when they hear about his prognosis. Klutka doesn't cry with them. He tells them to knock it off. He's continuing to defy the odds and has been able to maintain a level of strength in the gym that's uncommon to most men, never mind cancer patients—just four months ago he hit 21 reps of a 225-pound bench (his all-time best is 33), and benched 315 pounds for three reps.

"I just tell people, 'Hey, I'm still here. I still feel pretty good. There's no reason to be upset. Let's be happy and do something fun,'" Klutka says. "I try to motivate people and make them happy. There's no

reason to feel sorrow or feel bad for me. I'm doing the things I want to do, and if it gets cut short, it gets cut short."

Klutka's made a point of engaging in every father-son bonding experience he can think of. He brings Cebran snowboarding, and the two play a lot of Xbox and Playstation; *Madden*, *Forza*, and *Halo* are favorites. His main goal at this stage is to strengthen his bond with his son as much as possible and for Cebran to know how much he's loved. To that end, he also trains with Cebran. He wants his son to remember that his dad was always a fighter, and every rep carries with it the hope and intention of being able to spend more time together.

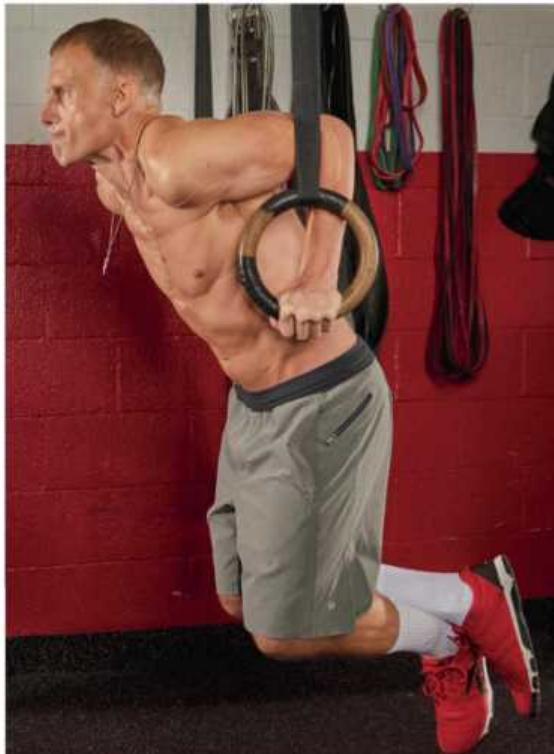
"Training takes me to a place where I'm at peace. I can gather my thoughts," Klutka says. "I reflect on things while I'm working out. It helps me work through everything. It's a stress reliever. And it helps me feel like I'm still working toward surviving. I've never given up on anything, and I'm not going to start now."

**IRON WARRIOR** Eighteen months into treatment, Klutka benched 225 for 21 reps.



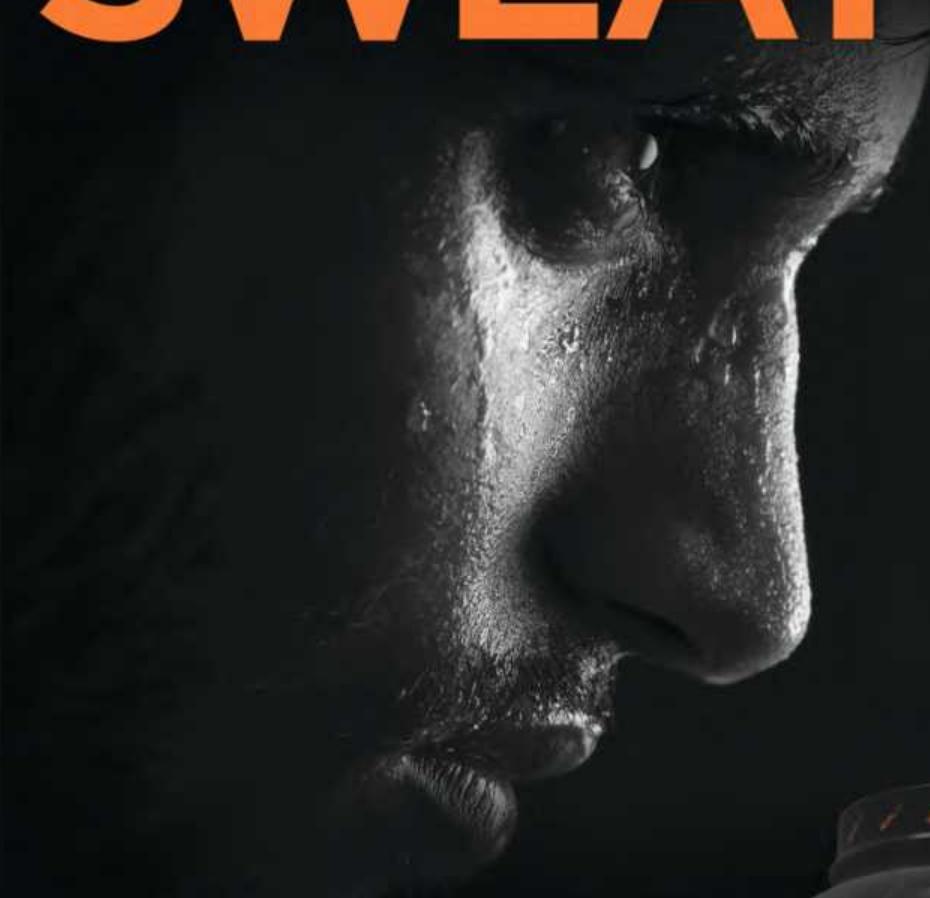
## HOW TO HELP

To help cover medical costs and provide for Klutka's son, Cebran, you can donate to his GoFundMe page: [gofundme.com/klutkaskrusaders](http://gofundme.com/klutkaskrusaders)



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# Hail Cesaro

The "Swiss Superman" Cesaro has caught on with WWE in a major way.

BY SCOTT FELSTEAD



At our April '14 cover shoot with John Cena, Cesaro squatted 495 pounds for sets of 5.

## M&F: Was it hard to break into WWE from Switzerland?

**Cesaro:** It wasn't easy. I started training about 15 years ago. At the time, pro wrestling was not that popular there. It was really difficult to earn match experience so I'd have to drive four to five hours for bouts in Germany just to get out there in front of crowds. I wrestled all over the world, including Japan, before I signed with WWE.

## You travel about 300 days a year. How do you keep up?

The key to success is endurance. You have to be strong throughout the entire match. That takes great stamina. In terms of the quantity of matches...we have no off-season, no holidays. We have to stay in our best shape all year round. Whatever happens I always try to make sure I get at least three to four sessions in

per week. A typical gym session will last around 1½ hours. But I'm not happy to just maintain. I'm getting stronger all the time.

## The Cesaro Spin [pictured] is a real crowd pleaser. How did you build that strength?

I guess there are lots of ways. We had a great strength coach here in WWE who was an Olympic weight-lifter. I'm also a believer in functional training to meet my goals, so I do a lot of body-weight exercises.

## Many fans are excited to see your technical style.

I love the technical style, whether it's European or lucha libre. A lot of people associate Mexican wrestling with high flying, but it's very technical, too. The American style isn't as technical, so I feel I bring something different.

## Some Superstars, most notably The Rock, have made it big in Hollywood. Would you want to try acting?

Well, at the moment, I have wrestling on my mind, but of course I would be open if the right offer or role came along. WWE has a studio and makes movies also. I think wrestlers are a natural fit for television and movie roles. When you consider we have to do all our own stunts, promos, and tell a story in the ring with passion, wrestlers are well suited for roles in TV and movies...I think maybe I would make a good Bond villain!

COURTESY OF WWE

## A LITTLE TLC

Catch Cesaro in *Tables, Ladders, and Chairs* on Dec. 13 on WWE Network.



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# Tri-Force

Professional triathlete **PEDRO GOMES** knows that sometimes less is more.

BY MARK BARROSO

**FOR PRO TRIATHLETE** Pedro Gomes, more training doesn't mean better results. The two-time Ironman champion finds that harder training sessions followed by adequate recovery yields more speed.

"Keeping a balance between weeks of 30 hours of hard training and weeks with 15 hours of easier sessions will make you faster," says Gomes. "In the off-season, it's 15 hours biking, seven hours swimming, and the rest running."

Aside from sport-specific training, Gomes, 32, does squats, planks, and floor exercises for core strength and to prevent injury. The most intense training sessions mimic

the storied Ironman World Championship race in Kona, HI.

"An island is nothing more than an eight-hour training day," says Gomes. "In training, I'll do an hour swim at race pace, five to seven hours biking with 30-minute race pace blocks, then I run."

To help recover from a race, which can take a few days, Gomes says nutrition is key, and he uses Compressport full-leg sleeves to help improve blood flow to his overworked muscles.

In 2016, Gomes looks to improve his performance at Kona—where over 2,000 of the top 50 triathletes in the world get a slot. "Professional triathletes want to win at Kona, and that's my goal. It's our Olympic Games."

## GOMES' TOP 3 IRONMAN TIPS

Thinking about doing an Ironman? Gomes says to start here.

### 1 BUDDY UP

Find someone who has done a triathlon and follow them every step from registration to finish. A lot of things can help you finish faster.

### 2 JOIN A GROUP

Find a group of triathletes in your town and train with them. I live in Phoenix, AZ, and there is a strong triathlon community in the area.

### 3 FUEL RIGHT

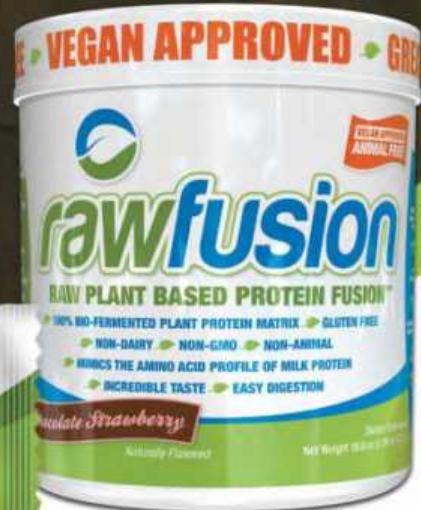
For long triathlons, find a nutrition plan that works for you. Race-day nutrition takes you a long way.



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**GOING FOR 3**

Gwiazdowski looks to make it three NCAA D-I titles in a row at the championship tournament on March 17-19, 2016, at Madison Square Garden.

# History Maker

NC State national champ **NICK GWIAZDOWSKI** looks to grapple his way into the 2016 Olympics.

BY MARK BARROSO

**TWO-TIME NCAA** Division I wrestling champion Nick Gwiazdowski of NC State is entering his senior season and aiming for greatness beyond what he's already achieved.

"After college, I'm looking to make the Olympic team and win medals," Gwiazdowski says matter-of-factly. "I never say I can't do something, because I surprise myself sometimes."

A wrestler since first grade, Gwiazdowski is on a 55-match winning streak with an NCAA record of 107-11 going into the season. One-on-one work with a strength coach has been key to his success.

"We train full body three to four days a week," Gwiazdowski says. "We do vertical- and lateral-speed drills; power cleans; bench presses; deadlifts; pullups; and dumbbell, TRX, and resistance-band moves."

For conditioning, Gwiazdowski does sprints on the Schwinn Airdyne bike and hill sprints. Speed is top priority, even at 260 pounds.

"If I can keep good balance and execute moves quickly, it leaves a problem for guys who aren't used to that," he says. "When you combine speed with sharp technique, it's tough to beat."

The first Wolfpack wrestler to win back-to-back NCAA titles, Gwiazdowski looks to make history again by earning the trifecta.

"My goal is to win another championship. Every time I go out there, I'll be prepared."



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# Swan Song

Celebrity trainer  
**ASTRID SWAN**  
wants to make  
sure you never skip  
leg day. Won't you  
do it for her?

BY PAMELA NULET

**MODEL-TRAINER** Astrid Swan is proof you can't judge a book by its cover. Yes, she's stunning, but if you stepped into her boot camp class she'd leave you weeping on the floor. At age 3, she told her parents she wanted to change the world. Here's what else you need to know about her.

SHE...

...hates it when guys forget to work on their legs. "It drives me insane when I see men who have great traps, shoulders, and back, and then it's 'What's going on down there?'"



**FOLLOW ASTRID** on Twitter and Instagram: [@astrid\\_swanson](#) and find her on the Web at [astrid-swanson.com](#)

**IN  
SESSION**

Julianne Hough,  
Olivia Munn, Ryan  
Seacrest, and  
Aaron Sorkin  
have all attended  
Astrid's classes.

...loves Enrique Iglesias. She saw him in the casino after his concert in Vegas and hid behind the slot machines because she was so nervous.

...enjoys any kind of nut butter and will sit and eat the whole jar if you let her. "I should probably go to some sort of a 12-step about this."

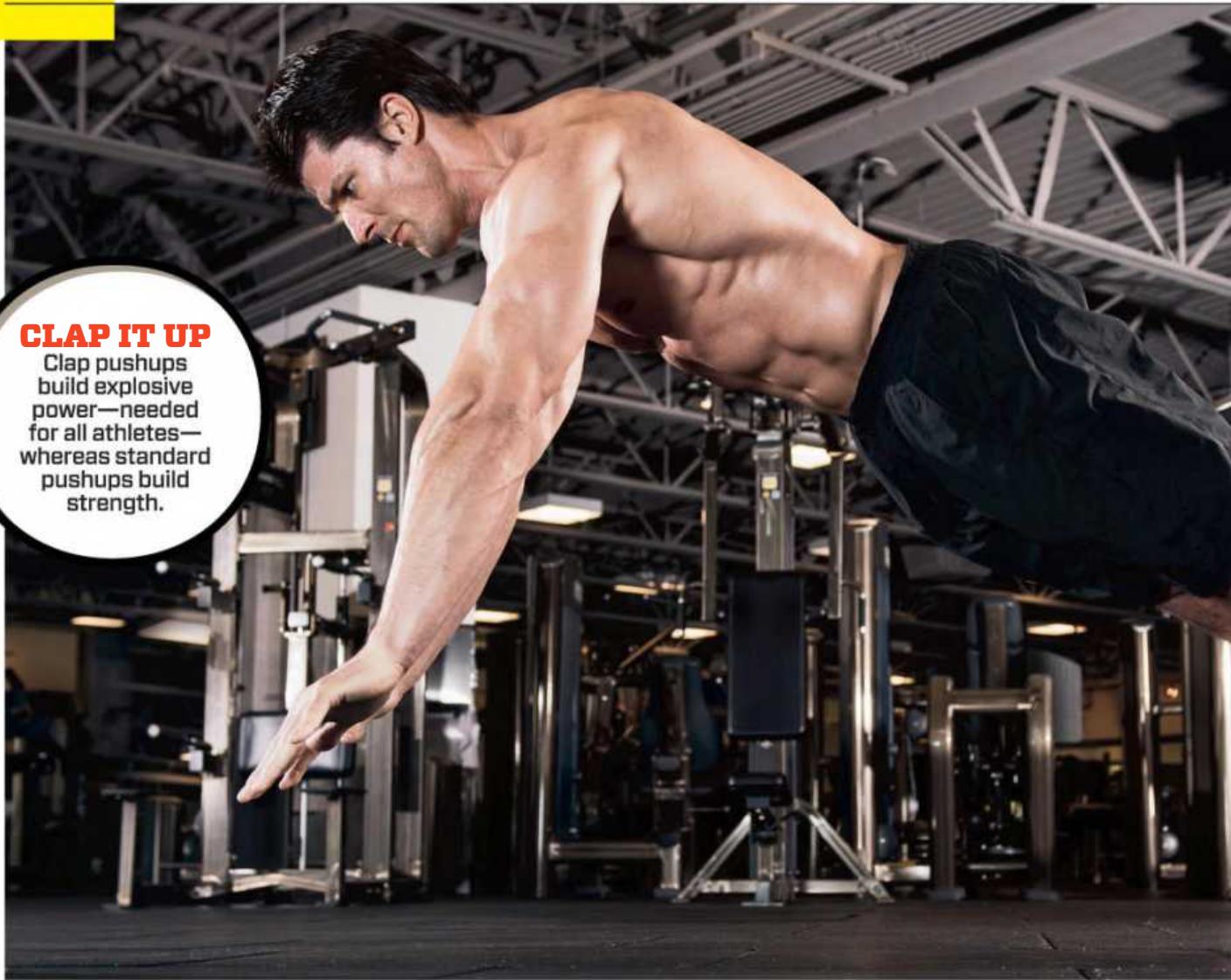
...likes to flirt, but you better be up for a challenge. "I'm not the type of girl who's going to be like, 'Oh, he's so cute' and just giggle. I like a good verbal sparring match."

...once had to plunge into a snowbank to get to her car. Rather than sit in wet clothes for the two-hour drive to her photo shoot, she hung them on the seat to dry. Truckers blowing their horns made for a "fun" ride.

...feels sexiest after a killer workout. The "post-gym glow" and slicked-back hair make her feel confident and powerful.

...still wears her retainer every night.



**CLAP IT UP**

Clap pushups build explosive power—needed for all athletes—whereas standard pushups build strength.

# Burning Questions

We answer the fitness queries that are keeping you up at night.

**Q** “I’m on the road a lot for work, leaving me with limited access to equipment. What’s a simple circuit I could do anywhere?”

—JAKE L.,  
SYRACUSE, NY

**A:** **YOU DON'T NEED** a row of machines or a rack of weights to get in a good workout. Your body weight can provide all the resistance you need to build strength and sculpt muscle. Try this quick workout from Eric Von Frohlich, owner of EVF Performance and co-owner of Row House in New York City. It's designed to target all your major muscle groups while also boosting your heart rate in just 15 minutes.



## THE 15-MINUTE DO-IT-ANYWHERE WORKOUT

Perform as a circuit and repeat until 15 minutes are up. Record your total rounds.

### CLAP PUSHUP

**REPS: 5**

Perform a pushup explosively so you can clap at the top.

### SQUAT

**REPS: 10**

Stand with feet shoulder width and squat as deeply as you can.

### SITUP

**REPS: 15**

Move through the full range of motion.

**Q:** “Are there any benefits to weight training on an empty stomach?”

—MATT C., SPRINGFIELD, MA

**A:** It may sound like the equivalent of sending you into a NASCAR race with an empty tank, but training fasted is both safe for your muscles and advantageous for fat loss. In fact, a 2009 study in the *European Journal of Applied Physiology* even reported that training on an empty stomach boosted the body's response to a post-workout shake, potentially signaling more muscle growth. The only danger to training fasted is if the fasting period extends beyond 22 hours—an extreme case that risks muscle loss—but if you hit the gym before breakfast, you'll be fine. And don't worry about having enough energy for the session. As long as you ate a carb-rich dinner the night before, you'll have the reserves to train hard.

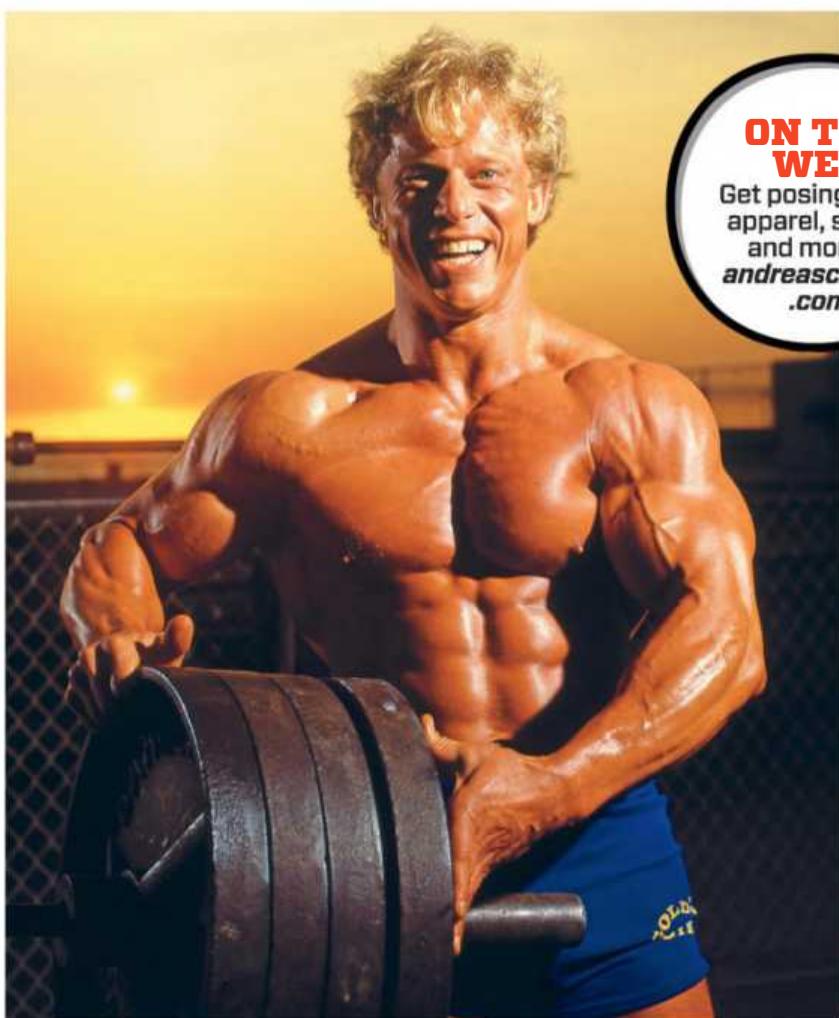
**Q:** “I have a nagging lower-body injury that's screwing up my cardio. What can I do?”

—JACK M., BERLIN, PA

**A:** “You can almost always find something that will allow you to maintain your fitness level,” says Michael Conlon, P.T., owner of Finish Line Physical Therapy in New York. If you have access to a pool, swimming or deep-water jogging offers cardio that's friendly on joints. Low-impact options like an elliptical or stationary bike are also solid. If running is your preference but you can't handle the impact right now, check out the antigravity treadmill that's becoming increasingly popular at physical therapy centers. They reduce impact by 20-80%.



DUSTIN SNIPES



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#### Then you competed in a ton of shows.

I started competing in small amateur shows when I came to the States in 1976. I did Mr. Compton and took third place. [Legendary bodybuilding coach] Charles Glass was first. I went to Mr. Universe, IFBB World Championships. Mr. Olympia never seemed to be in my cards.

I missed qualifying, but in 1980 I won the IFBB Pro Mr. International and in 2012 I did the Masters Olympia.

#### Casual fans would wonder how you stuck with it if you weren't winning.

The energy you generate preparing for competitions spills over into other areas of your life and motivates you. It's not for everybody, but I find it's a very special experience. I loved preparing for bodybuilding competitions. It's not practical for all of us to do, and maybe not desirable either, but given the choice I would, even at this point, regularly enter competitions because of the revitalizing effect it has on my life.

#### And yet a lot of very young competitors talk about the draining part of contest prep.

When you're young, your ego is in all directions. As a mature bodybuilder, you can't go on that way. Training in your 60s is about taking care of yourself like you would a classic car. If you want a car to keep running, you don't take it out on bumpy roads. But if you drive it in parades, it would run for a very long time.

# The Mighty Andreas

**Thor from Kung Fury is bodybuilder ANDREAS CAHLING.** BY MATT TUTHILL

**M&F: You're 62—a bodybuilder for almost 50 years! How did you get your start?**

**AC:** I was 12 years old when my friend invited me to an amateur wrestling club. I quickly took a liking to it. It was good for my self-esteem. I was shy and insecure. At the

wrestling club they had weights, and at that time some of the coaches thought it would ruin a wrestler's technique. They said don't use it. It was very controversial. But I started using them and found it helpful. At 17, I entered my first bodybuilding contest.

#### How'd you get into Kung Fury?

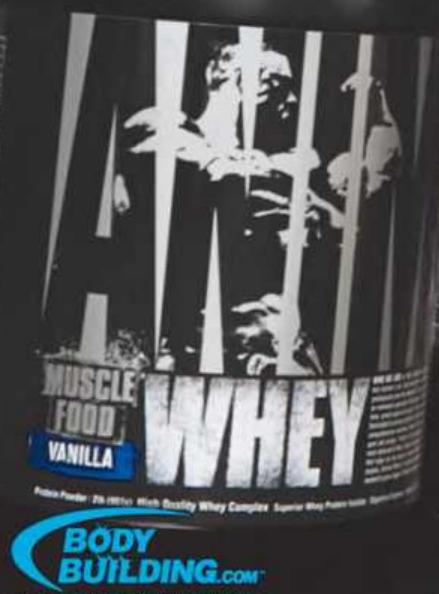
"The creator found me on Reddit. Finding a bodybuilder with a beard was very hard for him. It wouldn't have happened if I wasn't still competing."



AMANDA BJORK/LASER UNICORNS

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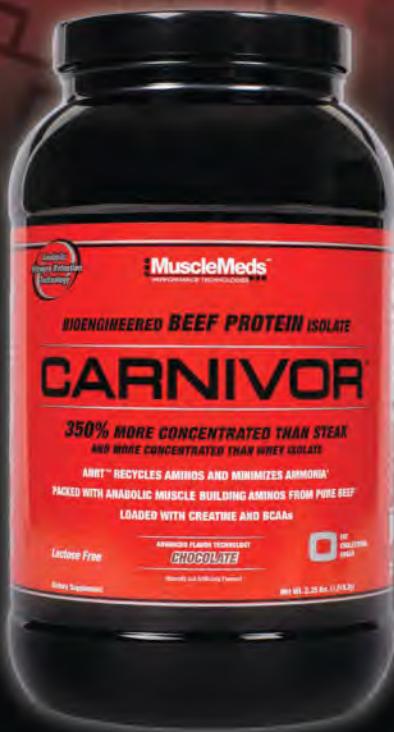
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\*Sharp, et al., 2015 ISSN International Conference [Poster]. Muscle mass data based on male subjects. Lean body mass gains compared to baseline. Based on 2 scoops (46 grams protein) daily. Female subjects also experienced an increase in lean body mass.

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Frank shares his secrets to a small waistline, p60.

**ABS AND CORE**

Use decline weighted situps to make your six-pack pop, p62.

**BODY WEIGHT**

Four exercises, 10 minutes, and a puddle of sweat, p64.

**EXPERT ADVICE**

A personal trainer on how to listen to your body, p66.

# Mass Appeal

After a top four finish at the 2015 Mr. Olympia Men's Physique Showdown, IFBB physique pro **RYAN TERRY** is training to get bigger and leaner than ever. Find out how the 2010 Mister International is getting jacked fast.

BY MARK BARROSO

**WORKOUT**

Turn the page for Ryan Terry's exclusive arms and abs routine.

# TRAIN PHYSIQUE

**IFBB PHYSIQUE PRO** Ryan Terry is in the business of fitness, and his stock is soaring fast. In 2016, the aesthetic Briton—and owner of RT Pro Wear—hopes to get invited to the Arnold Classic Men's Physique, defend his Pittsburgh Pro title, and compete at the New York Pro. For Terry, intense training is a habit.

"I've had a passion for training since I was 14," Terry says. "When I was younger, I did gymnastics, swimming, and soccer. I had a good response when I did more weight training."

In the past five years, Terry has put on about 26 pounds, and his off-season training is still geared toward size.

"I do two weeks of heavy weight, low reps with long rest periods; then two weeks of slightly more reps, less rest, plus dropsets/supersets; one week of 15 to 18 reps with no rest; then I start back at Week 1," Terry says. "You're trying to shock the body every week."

To stay lean the former plumber by trade does steady-state fasted cardio in the morning six times a week. "Staying lean year-round is a necessity," Terry says. "You get about a week's notice for photo shoots, and that's my main source of income. I'm never more than about nine to 10 pounds off my stage weight."

## TERRY'S ARMS AND ABS WORKOUT

EXERCISE	SETS	REPS
Triceps Dip*	4	8
Single-arm Triceps Cable Pushdown	3	10-12**
Skull Crusher	3	10-12
EZ-bar Curl	3	8-10
Single-arm DB Curl	4	8-10**
DB Hammer Curl	3	8-10
Situp	4	50
Oblique Twist	3	20**
Plank	3	Failure
Weighted Crunch	3	12-15

\* Start with body weight and pyramid up. One dropset on the last set to failure.

\*\* Each side.



## TWO-TIME CHAMP

Terry's accolades include the 2013 European Arnold Classic Championship and a British National Championship.

## TERRY'S TOP 3 ABS TRAINING TIPS

Follow these pro tips to carve a ripped core like the one that Terry is famous for.

1

### RAISE YOUR LEGS

I start my abs workouts with the hanging leg raise, which helps achieve the "V." It's my favorite abs exercise.

2

### DON'T GO HEAVY

Don't use heavy weight with oblique moves; you'll thicken the waist. Use high reps and light weight.

3

### SHAKE THINGS UP

Vary your workouts so you hit upper, lower, obliques, transverse abdominis, and the entire core.

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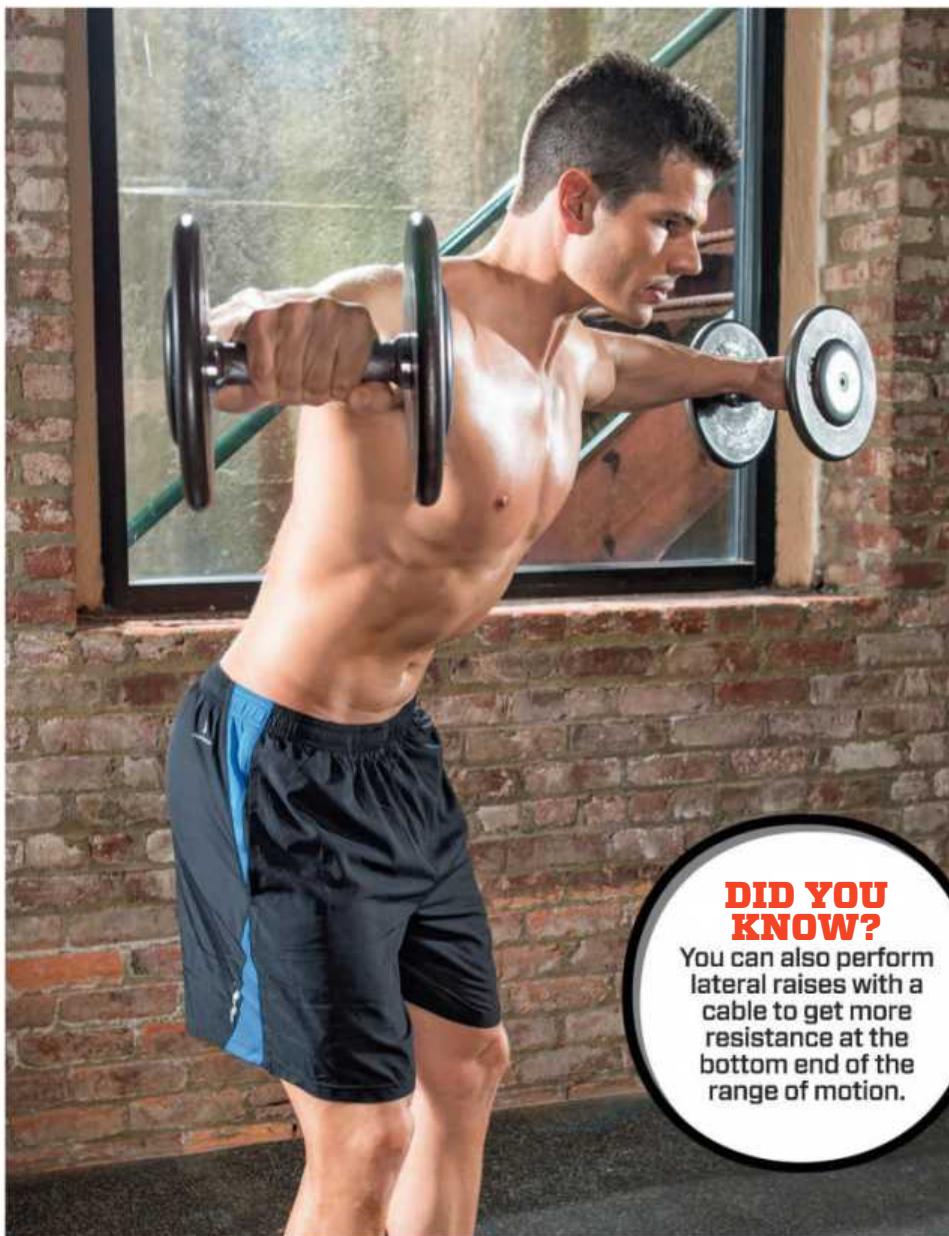
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## DID YOU KNOW?

You can also perform lateral raises with a cable to get more resistance at the bottom end of the range of motion.

## HOW TO DO IT **HINGED LATERAL RAISE**

**1 HOLD A DUMBBELL** in each hand with arms hanging at your sides. Keeping your lower back in its natural arch, bend your hips back until your shoulders are just in front of them. This puts you in position for your side delts to work optimally as you raise your arms.

## **2 RAISE THE WEIGHTS**

straight out to your sides—but no higher than 90 degrees—with your palms facing down. Keep a slight bend in your elbows. Lower the weights under control. Don't swing your reps up.

## QUICK TIP

Many lifters make a pouring motion while raising the weights, turning their pinkies up, to activate the side delt better. But this can cause shoulder impingement over time. By bending the torso forward a bit, you get more direct tension on the delt without having to twist the wrist, thereby sparing the shoulder joints and building muscle safely.

# Pain-Free Shoulders

Performing the lateral raise with a slight bend in your hips hits the delts without wearing down the shoulder joints. **BY SEAN HYSON, C.S.C.S.**

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# What a Waist

Your midsection ties your entire physique together. Treat it right. **BY FRANK ZANE, M.A.**

**WHEN I WAS** just starting to get involved in bodybuilding, I remember seeing photos of Spanish bodybuilders. They all had great midsections. This made them impressive even though the rest of their bodies were underdeveloped. I liked this look and figured out early on that a small waistline was the linchpin of the entire physique.

## THE 4 SECRETS FOR A SMALL WAISTLINE

**1 DON'T FILL UP.** Instead, eat frequent, small meals, and drink slowly. When you eat a lot of food it takes a long time to digest it; this inefficiency also blunts the nutritional benefits.

**2 EAT CLEAN.** Besides eating minimally processed foods, this means fewer carbs than protein. Eat one gram of protein per pound of body weight when leaning out and a half gram of carbs per pound.

**3 DO ENOUGH CARDIO.** This will keep you tight everywhere. If you get bored, make it interesting. Play basketball or go mountain biking. Don't overthink it. Just sweat.

**4 WORK YOUR ABS A LOT.** Gradually build up reps on four exercises until you get around 1,000 for the day. Break it up however you need to; it's easy to bang it out in bunches.

### CARB CYCLE

Every fourth day, Zane says, eat as many carbs as protein, then drop carbs in half and repeat the cycle.

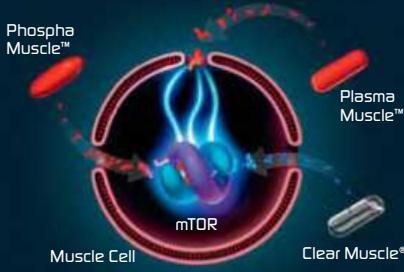


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# Lay Back, Six-Pack

There may be no better exercise for making your abs pop than the decline situp, which trains all your deep core muscles and the six-pack muscle—so it really pops.

BY SEAN HYSON, C.S.C.S.

## HOW TO DO IT **DECLINE WEIGHTED SITUP**

### 1 ANGLE A BENCH

downward. Hook your feet under the pad and hold a weight plate on your chest.

### 2 EXHALE AND CURL

your body up off the bench until your elbows touch your thighs. Slowly return to the start.

**DID YOU KNOW?** The decline situp works not only the abs but also the hips, making you a better runner and stronger squatter. The extra weight forces maximum recruitment of the rectus abdominis, promoting growth of the six-pack muscle so it can show even under your shirt.



GROOMING BY CHRISTIE CAIOLA; SHOT ON LOCATION AT MATRIX FITNESS, ASTORIA, NY

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# Hang Time

Try this nonstop circuit designed to tighten up your whole body.

## WHAT IT IS

A four-station body-weight circuit designed by L.A.-based celebrity trainer Andy McDermott. You start with two stabilized exercises performed under control: hanging leg raises and walking lunges, then finish with a pair of explosive moves: clapping pushups and squat jumps. Try to set a manageable pace.

## WHY IT WORKS

The stabilized exercises serve as active recovery from the explosive work. Since you're using a different leg-raise variation on each set, you'll hit your abs and obliques from a variety of angles. This is total-body HIIT that will have the sweat pouring off you—and leave your entire core sore the next day.

## THE HANG TIME WORKOUT

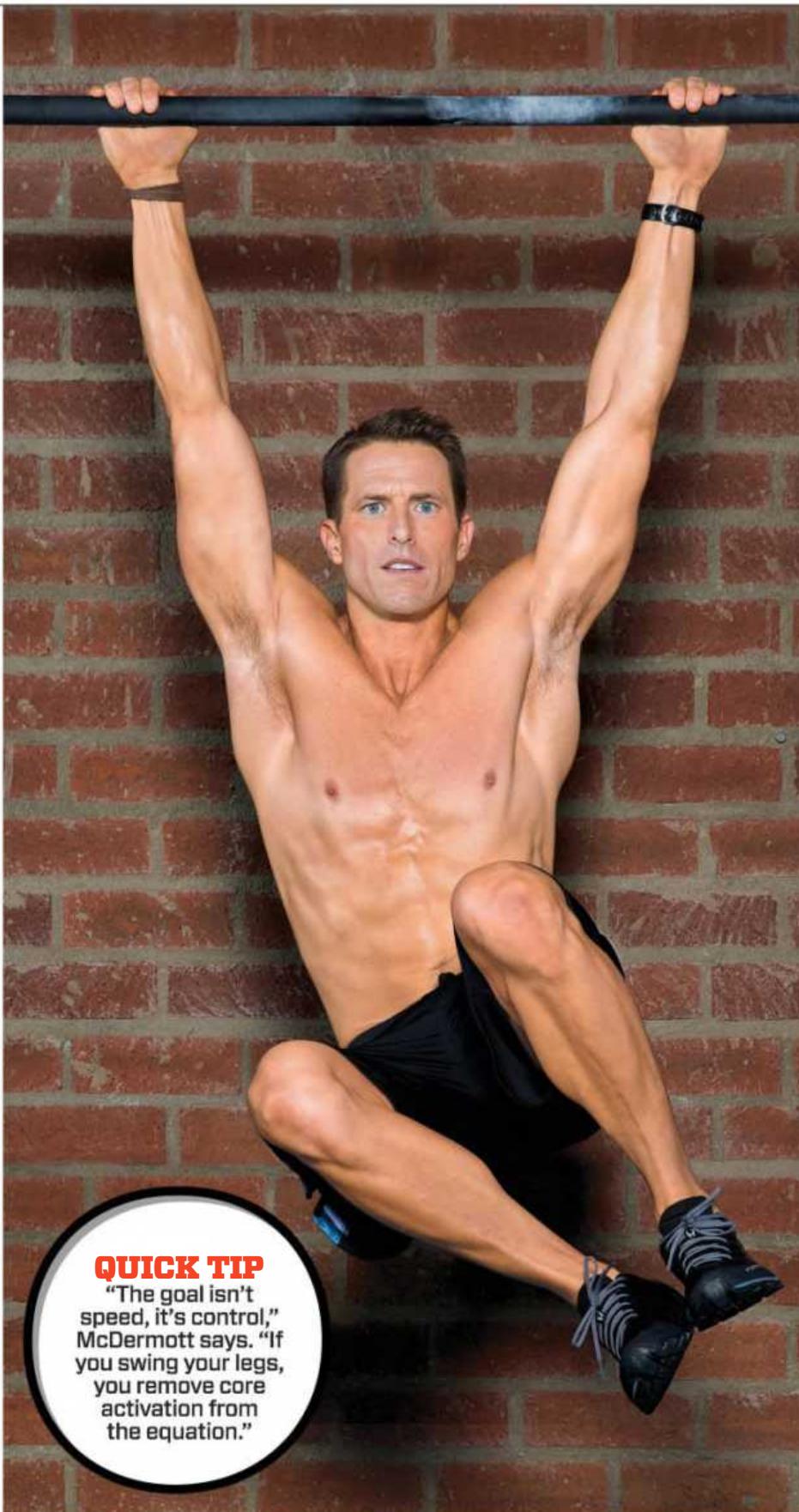
**DIRECTIONS:** Set a timer for 10 minutes and do the following circuit nonstop.

EXERCISE	REPS
Hanging Leg Raise*	10
Walking Lunge	10 each leg
Clapping Pushup	5-10**
Squat Jump	30 sec.

\*Do straight raises the first set, followed by oblique raises (shown) for each side.

\*\*Start with 10. Work down as you fatigue.

**ANDY McDERMOTT** is a fitness coach in Hollywood. For free training advice, follow him on Facebook: *AndyMcDermottFitness*, Instagram: *@andymcdermottfitness*, and Twitter: *@andymcd23*



### QUICK TIP

"The goal isn't speed, it's control," McDermott says. "If you swing your legs, you remove core activation from the equation."

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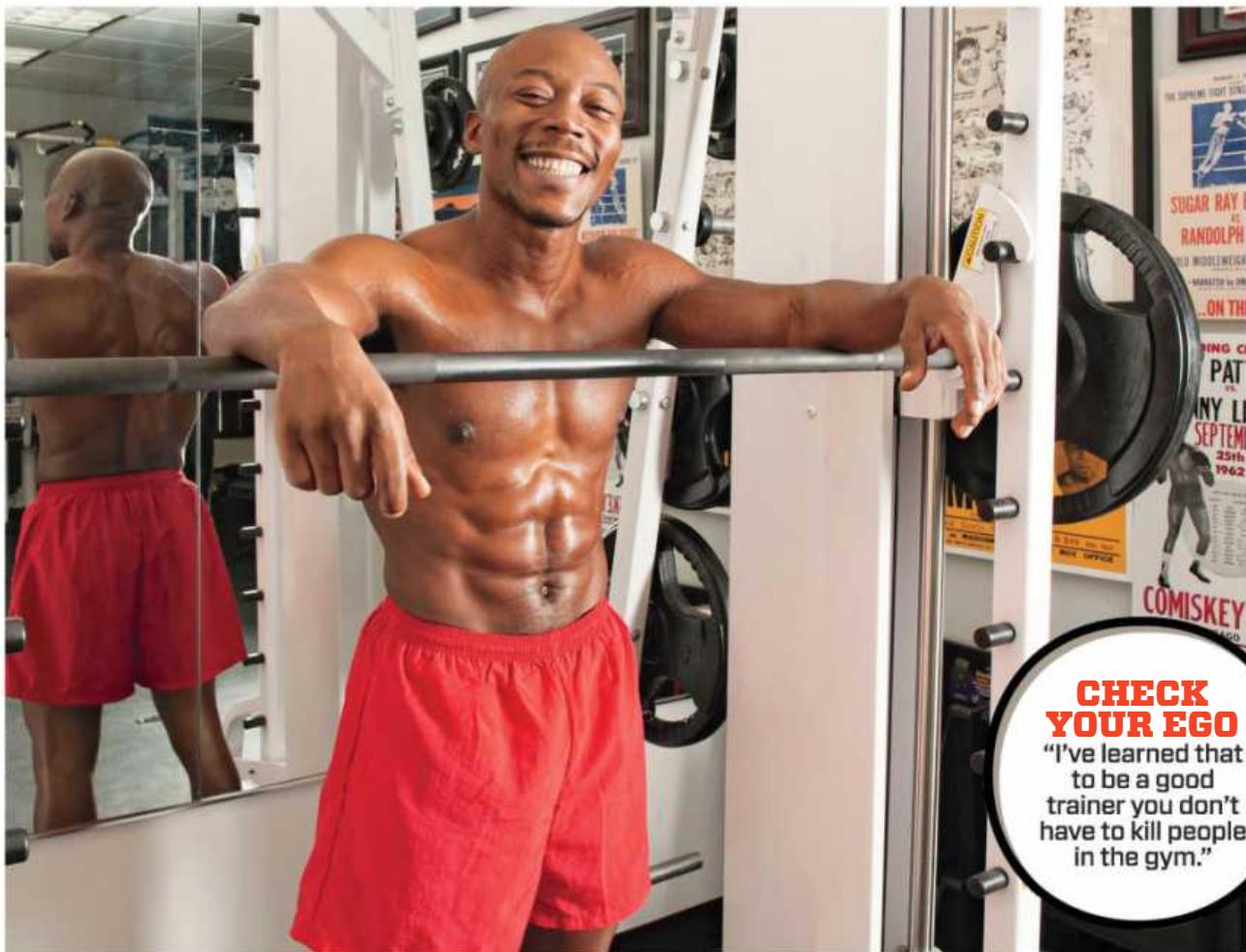
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### CHECK YOUR EGO

"I've learned that to be a good trainer you don't have to kill people in the gym."

# Power to the Lifter

Personal trainer SHANE ADJIBADE's body talks to him. If you're listening, so does yours.

**AS TOLD TO ZACK ZEIGLER**  
**PHOTOGRAPHS BY ERICA SCHULTZ**

**I WOULD NEVER** discourage anyone from doing any form of physical activity. But to get results that stick, it doesn't get any better than compound exercises.

► **Before you decide** to work with a personal trainer, ask him or her to explain his or her fitness philosophy to see if it's in alignment with your own.

► **At one time** I wanted to be known as the toughest trainer around. But to be a good trainer, you don't have to kill people in the gym.

► **"Strength training empowers you."** An 83-year-old woman said that to me, and she was on point.

► **I started working** out strictly for the ladies. But as years went by it became about health. Later, after I began training elderly clients, it became about affecting other people and promoting positive change. Now it's about trying to feel as young as possible.

► **Don't be afraid** to use the body; it's under our command and will obey what we direct it to do.

**MORE INFO** Adjibade is a fitness consultant in Chatham, NJ. Twitter: @AmericasTrainer, E-mail: mrfitness@mrfitness247.com

► **One guy works** out, and the other one doesn't, but both of them have the same shoulder injury. The guy who doesn't work out—his body is telling him to be more active. The one who does—it's telling him to relax because he's doing too much.

► **Can you name** an exercise that stimulates metabolism, growth hormone, and testosterone? Yoga doesn't do all those things. Running doesn't do everything. Strength training is the only one.

► **Achieving your fitness** goals will take however long it's going to take. I can work with whatever you bring me. You want to train once a week? I'll make you a program that'll produce results in two to three years. Twice a week? It might take a year. Five times per week? Three to six months.

► **Do you want** to have fun, or do you want to work out?

► **I don't deprive** myself of what my body wants. Fighting that urge only makes things worse. So I have my moments with Carvel. I feed that desire and quench that thirst—just not all the time.

► **Some trainers will** give you a workout filled with exercises they would never do. I practice what I preach. I'd never tell you to do an exercise that I'm incapable of doing.

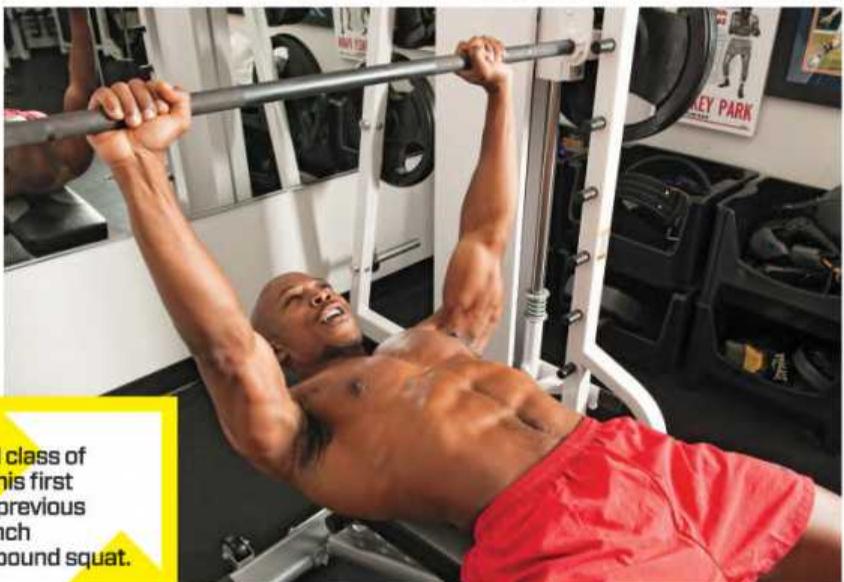
► **My goal** as a trainer is to train your body to be your most trusted personal trainer.

► **Squatting barefoot works** the muscles in my feet, which helps with balance. I have trained barefoot for the past 2½ years. For me, it's the best way to train.

► **Powerlifting taught me** to be more connected to my body.

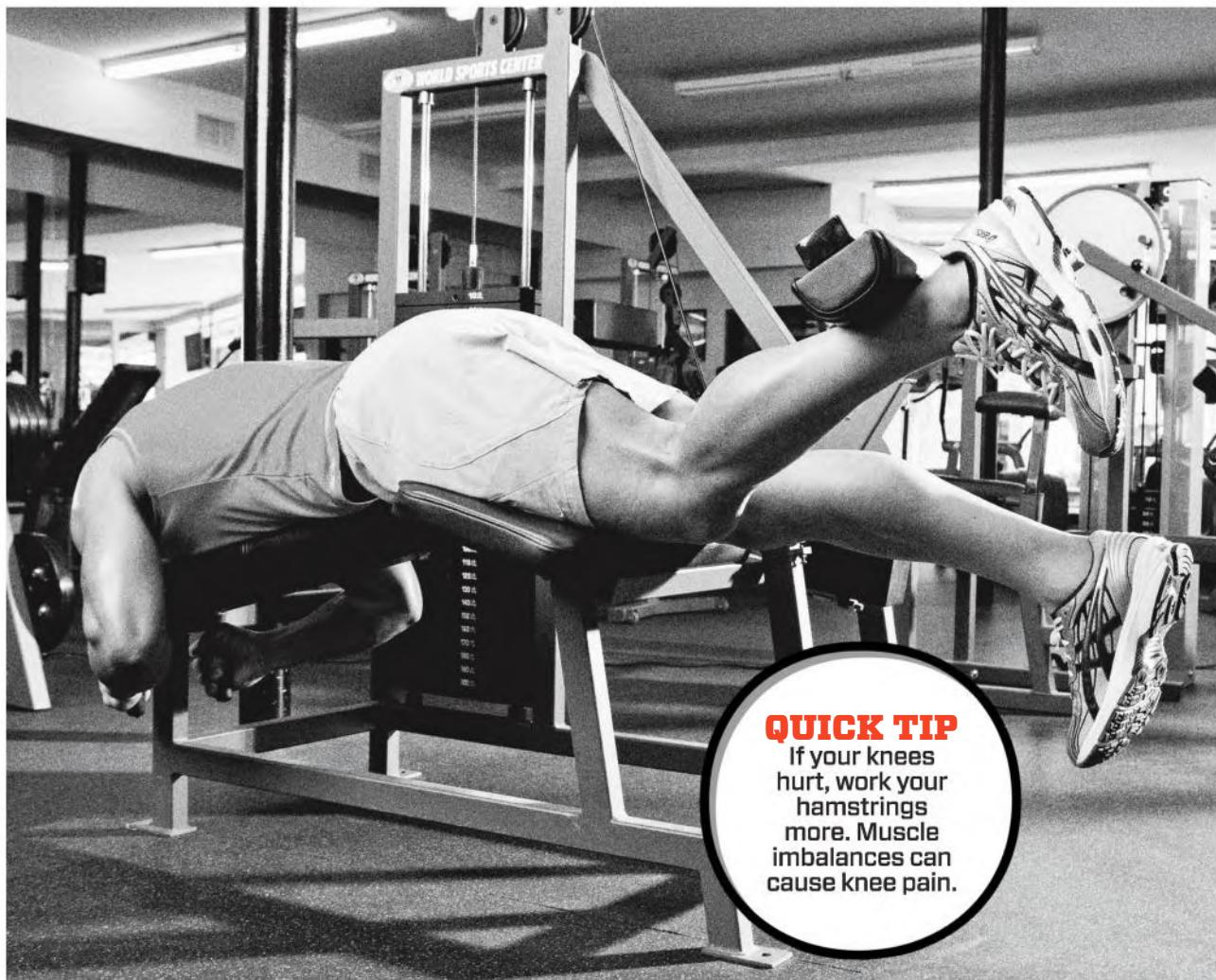
## FEELING THE POWER

ADJIBADE PLANS to enter the 181-pound class of the 2016 2-Day Jersey Rumble in May—his first powerlifting competition in 10 years. His previous recorded bests include a 380-pound bench press, a 623-pound deadlift, and a 529-pound squat.



# Work Around It

Carlos G. from Los Angeles sent us his leg workout and said his knees hurt. Here's how we helped him out. **BY SEAN HYSON, C.S.C.S.**



## QUICK TIP

If your knees hurt, work your hamstrings more. Muscle imbalances can cause knee pain.

### CARLOS' OLD WORKOUT

EXERCISE	SETS	REPS
Squat	3	10
Lunge	4	8
Leg Extension	3	12
Leg Curl	3	15

**M&F RATING: C-**

### OUR ADVICE

Switch to box squats. They force you to sit back more (onto the box), developing good squatting mechanics and putting the stress of the movement on your hips—where it should be—rather than on your knees. Instead of lunges, do reverse lunges, where you step backward to lower yourself. This helps keep your front shin vertical when lunging, preventing knee strain.

### PAINLESS LEG TRAINING NEW WORKOUT

EXERCISE	SETS	REPS
Box Squat	3	10
Reverse Lunge	4	12
Romanian Deadlift	3	15
▲ Leg Curl	3	15



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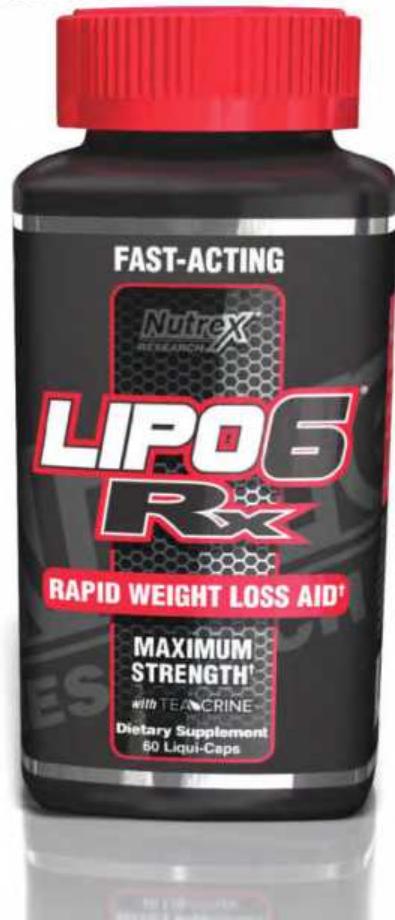
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# Back to Basics

Bodybuilder **STACY TAYLOR** owes his longevity to an old-school approach.

BY MARK BARROSO

**AT AGE 49,** Stacy Taylor won the light-heavyweight class at the 2015 NPC Florida State Championships, 17 years after his last show. The president of BodyBags Authentic Gear jumped back onstage to answer a Facebook jab

"I said I'd seen better-conditioned bodybuilders 15 years ago, and someone replied, 'If you can do better, show them,'" says Taylor.

The basics—squat, bench, and shoulder press—are Taylor's bread-and-butter lifts. Nutrition is calculated, too, and he exceeds target macros two days per week.

"I've always eaten six to seven meals a day, aiming to hit 400 grams of protein and 500 grams of carbs," Taylor says.

His top gym rule is strict form. "Quantity of weight is less important than quality of rep."

## TAYLOR'S SHOULDER WORKOUT

**DIRECTIONS:** Taylor pre-exhausts the deltoids to ensure presses don't get too heavy. Try Taylor's injury-proof routine.

EXERCISE	SETS	REPS
Dumbbell Lateral Raise	6	6-10
Upright Row	4	6-10
Smith Machine Military Press	4	6-10
Rear Pec-deck Flye	4	6-10
Barbell Shrug	6	8

**GOING STRONG** Taylor aims to win the 2016 NPC Florida State Championships and Masters Nationals.

## TAYLOR'S STATS

HEIGHT: 5'10"

WEIGHT: 215 lbs

AGE: 49

RESIDENCE: Venice, CA & Sarasota, FL

WEBSITE: [bodybagsclothing.com](http://bodybagsclothing.com)



## TAYLOR'S PREHAB TIPS

Follow his lifting advice to keep your joints healthy.

1

### AVOID BEHIND-THE-NECK PRESSES

Palms behind the ears force the shoulders to rotate backward and place a lot of stress on the shoulder joints.

2

### BAR ONLY

Before shoulder-pressing, bench-press with just the barbell to stretch the front delts and entire shoulder girdle. Lower the bar slowly.

3

### STRETCH OUT

Stretch every muscle that's being trained through its full range of motion before a workout. It's better to weaken the muscle than get injured.

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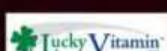
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**DID YOU  
KNOW?**

Rambod (left) trained both Jay Cutler and Phil Heath, meaning his clients have a combined seven Mr. Olympia wins.

# Fill Your Frame

Pro tips from Mr. Olympia's trainer on how to get the body you want. **BY HANY RAMBOD**

## A BODYBUILDER'S PHYSIQUE

has traditionally been described as an X, complete with wide shoulders, a small waist, and big legs. The term V-taper has evolved to describe men's physique, a look focused on upper-body training. With the launch of the classic physique division in 2016, a new frame has been introduced to the mix. I'll call bodybuilding "Bold X," classic physique "X," and men's physique "V." Follow these pro tips to maximize your frame (shoulders, back, waist, and legs) or build up into a bigger one.

## TRAINING GUIDELINES BY DIVISION

BODY PARTS	V (MEN'S PHYSIQUE)	X (CLASSIC PHYSIQUE)	BOLD X (BODYBUILDING)
<b>SHOULDERS</b> All groups will perform presses and variations of lateral raises.	Rep range is 10-15. Achieve a combination of shape, roundness, and separation.	Rep range is 8-10. Achieve a combination of size and definition.	Rep range is 6-8. Go superheavy for size.
<b>BACK</b> Backs are trained for both width and thickness for each group.	Rep range is 10-15. Focus on upper back (straight-arm pulldown, pullup, pulldown).	Rep range is 8-10. Focus on upper- and lower-lat fullness (reverse-grip row, straight-arm pulldown).	Rep range is 6-8. Focus on thickness and width (deadlift, dumbbell row, barbell row).
<b>ARMS</b> Exercises are barbell curls, preacher curls, push-downs, and skull crushers.	Rep range is 10-15. Shoulders should be balanced with your arms. Use high reps/light weight.	Rep range is 8-10. Also balanced, but more size for both shoulders and arms.	Rep range is 6-8. For proportionate shoulder-to-arm size, you're looking at more than 20 inches.
<b>LEGS</b> Train your calves. In a close contest, that could be the tiebreaker.	Rep range is 10-15. I have my guys train legs once a week (squat, lunge, standing calf raise).	Rep range is 8-10. Lunges and squats, but not so heavy that they compress the torso.	Rep range is 6-8. Go heavy on all exercises (squat, leg press, hack squat, calf raise).
<b>ABS</b> A well-developed mid-section establishes the rest of the physique.	Rep range is 50. The waist is going to be the smallest of all the divisions. Body weight only.	Rep range is 20-24. Ideal is 30- to 31-inch waist. Use moderate weight.	Rep range is 10-15. Use heavier weight to thicken the abs from multiple angles.

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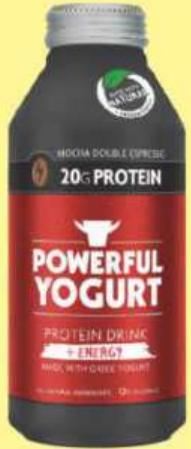


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## DIET 911

It's winter and you're not sweating as much—but you still need to hydrate, p76.

## 1 FOOD, 5 WAYS

Peppers can be so much more than a salad topping, p84.

# EAT

WHAT'S IN THE FRIDGE THIS MONTH

## The Power of Citrus

Grapefruit and other citrus fruits can have a major positive impact on your winter diet.

**ORANGES, tangerines, and grapefruits:** Turns out they're much more than an easy holiday gift basket. Aside from the obvious benefits of vitamin C and fiber, citrus has been linked to a reduced risk of stroke, an increase in fat loss, and inhibited growth of cancerous tumors. Grapefruit in particular has been shown to prevent asthma, help you stay regular, and promote healthier skin. It contains potassium, lycopene, and choline that can help lower blood pressure and triglyceride levels.

Grapefruits are also composed of 91% water, and contain a payload of electrolytes that make them an ideal pre- and post-workout snack to hydrate and stay

energized. Moreover, December is the absolute best time to eat grapefruit and other citrus. A study at the University of Agriculture showed that grapefruit's antioxidant and anti-inflammatory phytochemicals are most highly concentrated when the fruit is harvested on or around Dec. 1.



# Drink Up

Hydration is crucial to bodily processes—even when you're not sweating.

**Q:**

I know drinking water is important, but I don't want to drink a lot when it's cold out. How much do I need?

**A:** WHETHER you're active or not, water is one nutrient you really have to make sure you're getting enough of in your diet, in summer and winter.

Josh Axe, C.N.S., a nutritionist and consultant to the U.S. Olympic swim team, recommends that "people take their body weight, cut that in half, and drink the equivalent number in ounces daily." Other factors that impact how much water you should drink include body size, activity level, climate, diet, other beverage intake, and medical condition.

Adequate water intake is important for a host of body processes, including muscular activity, temperature regulation, and the transporting of oxygen to our cells, and using this formula may help you dial in your requirements, but exactly how much water you need in order to perform at your best when you're exercising has been

hotly debated in recent years. Previous guidelines suggested proactively drinking more water than you're thirsty for to stave off a possible performance-sapping deficit. But a 2013 *British Journal of Sports Medicine* analysis of 15 published studies suggests that simply drinking to satisfy thirst could be the best way for the active person to stay ideally hydrated.

You can also increase your fluid intake by eating foods high in water content. On the fruit side, watermelon and strawberries hover around 92% water per volume, grapefruit is at 91, cantaloupe is 90, and pineapple, cranberries, oranges, and raspberries come in at 87%. Watery cucumbers and lettuce are tops for the veggies at 96%, with zucchini, radishes, tomatoes, cabbage, and celery around 94%.

Fiji Water provided some information for this article.



## FIJI WATER

You can cross "staying hydrated" off of your to-do list by signing up for Fiji Water's delivery service.

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# Pistachios

Snack on this nutritious nut to help manage your waistline. **BY ADAM BIBLE**



## QUICK TIP

The empty shells can serve as a visual cue as to how much you've eaten—a cue not offered by a bag of chips.

**NUTS AND SEEDS** are great additions to any hard-training guy's diet. They have fiber, vitamins, minerals, and good fats, and help you fill out your daily diet requirements to maintain your physique. "Each meal should be a healthy combination of proteins, healthy carbohydrates, and some healthy fats," says Heather R. Mangieri, R.D., C.S.S.D., board-certified specialist in sports nutrition. And it's easy to top off your levels of protein and carbs with nuts, she says. But just mindlessly shoving calorie-dense nuts in your mouth can get your macros out of whack pretty quickly.

Our suggestion for nut lovers is to make the most of pistachios—one of the lower-calorie stars of the nut world—and what we think is the hands-down best nut for health-conscious guys wanting to stay trim and fit. For example, 49 pistachio nuts equals about 6 grams of protein and 160 calories. Compared with almonds (23 nuts, 6 grams of protein) and cashews (16 nuts, 5 grams of protein), you're getting more nuts for the same 160 calories. In-shell pistachios are also a great way to help you avoid overindulging, as suggested in a 2011 preliminary behavioral study in *Appetite*. Coined the "Pistachio

Principle" by study author James Painter, Ph.D., the results showed that snackers who left discarded shells in front of them all day ate 18% fewer calories than those who had the shells taken away, suggesting the empty shells may serve as a visual cue about how much has been eaten, thereby potentially encouraging reduced calorie intake.

Some information from Wonderful Pistachios & Almonds was used in this article.

## PISTACHIO BUTTER

SERVES 10

2 cups pistachios, shelled  
 $\frac{1}{2}$  tsp sea salt

1. Preheat oven to 350°F.
2. Put pistachios on a baking sheet in a single layer; bake for about 7 minutes.
3. Add to a food processor in increments and scrape down sides periodically for an even grind.
4. Blend for about 15 minutes, or until the pistachios are smooth and creamy.

## GOOD TO GO



**TO-GO BAGS MAKE** pistachios a wise pickup when you're on the move. If you need another reason: Preliminary studies also suggest that pistachios may have a role in weight management. A small preliminary study from the *British Journal*

of Nutrition suggests that pistachios may actually have 5% fewer usable calories than food researchers previously calculated. Further, a preliminary study from UCLA suggests that controlled portions of pistachios can be

included in a healthy diet, even for those managing their weight. Although causation has not yet been proven and further research is needed, these studies suggest that pistachios can be a delicious snack that may help support weight management.



Eric Nelson Photography



**Stephanie Johnson**  
Team NutriShop Athlete

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**DID YOU KNOW?**

Tryptophan in turkey doesn't necessarily make you sleepy but overeating will.

# A Stronger Soup

Want to get rid of leftover holiday turkey? Make it into a high-protein soup that serves up big gains any winter afternoon. **BY SEAN HYSON, C.S.C.S.**

## TURKEY WITH RICE SOUP

YIELDS 2 SERVINGS

6 cups low-sodium chicken broth  
4 small carrots, sliced  $\frac{1}{4}$ -inch thick  
 $\frac{1}{2}$  cup uncooked white rice  
1½ cups shredded roasted turkey  
2 tbsp chopped fresh dill

1. Bring the chicken broth to a boil in a large saucepan. Add the carrots and rice and simmer until tender, about 12 to 15 minutes.
2. Stir in turkey and dill and simmer until heated through, about 2 minutes.

### NUTRITION PER SERVING

333 CALORIES | 40g PROTEIN | 28g CARBS | 6g FAT



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# Roasted Pears

Caramelized natural sugars—and a satisfying crunch—will make you forget you're eating a healthy dessert.

## ROASTED PEARS WITH GRANOLA AND CRANBERRIES

MAKES 6 SERVINGS

3 pears  
3 tbsp stevia  
¼ tsp ground cinnamon  
¼ cup dried cranberries  
½ cup low-fat granola  
½ cup apple juice  
1½ cups low-fat vanilla frozen yogurt, divided into 6 scoops

1. Preheat oven to 350°F.
2. Peel pears and cut in half lengthwise. Scoop out core with a spoon. Place in a glass casserole dish, cut-side up.
3. Mix stevia and cinnamon. Sprinkle on top of pears.
4. Combine dried cranberries and granola in a mixing bowl. Set aside.
5. Pour apple juice into pan with pears.
6. Place pan in oven and bake for 10 minutes. Remove pan and mound the cranberry-granola mixture into the holes created by the missing cores. Return pan to oven and bake for an additional 10 minutes.
7. Remove pan and allow to sit for 5 minutes. Plate pears and drizzle with remaining juice. Serve with frozen yogurt.

### NUTRITION PER SERVING

140 CALORIES	3g PROTEIN	25g CARBS	1g FAT
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### DID YOU KNOW?

Pears are one of the most fibrous fruits, with 6 grams per medium pear.

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# Bell Pepper

Nutritious and versatile, they're much more than a salad topping.

BY DEBI ZVI, R.D.N., C.D.E.

## 1 | COOK AN EGG-IN-A-HOLE

Cut a pepper into  $\frac{1}{2}$ -inch rings.

Remove ribs and seeds. Heat oil in a pan on medium. Sauté 2 rings for 1 min. each side. Crack 1 egg into each ring. Cover pan. Cook 2-3 min. Top with salt and pepper to taste.

## 2 | MIX A BELL PEPPER SLAW

Mix 1 cup each julienned bell peppers, shredded cabbage and carrot, and cooked edamame with  $\frac{1}{4}$  cup chopped cilantro. Add mixture of 2 tbsp each peanut butter and rice vinegar. Add red pepper flakes.

## 3 | MAKE PICKLED PEPPERS

Boil 2 cups white wine vinegar,  $\frac{1}{2}$  cup sugar, 2 tbsp water, 2 cloves sliced garlic, and 1 tsp salt. Remove tops and seeds from 1 lb bell pepper, add pepper to mason jar, pour in liquid, cover. When jar is room temp, chill 3 days and serve.

## 4 | WHIP UP A STIR-FRY

In an oiled wok on medium heat, combine 1 cup each red and yellow peppers and  $\frac{1}{2}$  cup each broccoli, carrot, snap peas, and water chestnuts. Cook 2-3 min. Add 20 shrimp, 2 tbsp teriyaki sauce, and 1 tbsp sriracha sauce; cook 5 min.

## 5 | BAKE STUFFED PEPPERS

Preheat oven to 400°F. Cook 1 lb ground turkey until brown in a pan. Stir in 2 cups each marinara sauce and chopped chard; cook until chard wilts. Half 3 bell peppers lengthwise, remove seeds, and stuff with turkey. Place in baking dish, cover, bake for 35 min.

### VITAMIN BOOST

One large raw red bell pepper has 209mg vitamin C, which is more than the amount in a large orange.



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# SCHOOL OF THE **ROCK**

From troubled delinquent to beloved superstar, **Dwayne Johnson** has forged his own unique success story by way of lessons learned in the gym.

BY SHAWN PERINE // PHOTOGRAPHS BY PER BERNAL

**FIRST, THERE'S THE GYM.**

Always, the gym. Because the gym is his anchor and it's his sanctuary, and because it helps him to remember, and because it helps him to forget. The gym has been his home when he was homeless, and it is today, when he's far from it. It's seen him through his many successes and served as an outlet for frustration over his failures. Above all, the gym has provided him sacrosanct life lessons, learned in his youth but still applied in his adult life.

This is a story about Dwayne Johnson, but it's not about his global successes as a WWE legend and Hollywood's most bankable star. It's also not a first-person account of an interview at a chic restaurant that details his attire and interactions with the waiter. Let other magazines tell that story.

This is the story of his formative years, and some of the lessons he learned during them, many in dusty gyms across the country, acquired by way of iron and sweat and his holiest of grails, hard work. Because, as Dwayne will tell you himself, it is these very things that have made him the man he is today.

Here are seven young Dwayne Johnson teaching moments. Seven, because that's how many dollars he had in his pocket when, at 23, he was cut from the Canadian Football League and found himself forced to start his life over from scratch, this time as a professional wrestler. Seven, because so significant is the number to him that he named his company Seven Bucks Productions. And seven because, of course, the issue you now hold marks our Man of the Century's seventh *Muscle & Fitness* cover.

**Work Hard. Always.**

**DWAYNE JOHNSON WAS** 13 years old when he had his first weight workout, but he'd been accompanying his dad, legendary wrestler Rocky Johnson, to the gym since he was much younger than that—maybe 5 or 6. Some of his oldest memories are triggered by the smell of sweat and rust and chalk, and of the hollow clanging sound 45-pound plates make when they're slid onto a cold-rolled steel bar and slapped against one another. Although he wasn't allowed to touch the weights at that time, it was enough for him just to sit quietly on a bench and watch his father pound the iron.

"Every morning my dad was up at 5 a.m. He'd have his coffee and then hit the gym, regardless of whether he was at home or on the road."

More often than not, Rocky Johnson was on the road. Much of the time young Dwayne would stay home with his mother, Ata. When Rocky was home, though, Dwayne would savor the chance to accompany him to the gym. For Rocky it was a form of babysitting. For Dwayne, it was a chance to enter a wondrous world, full of men performing seemingly impos-

sible tasks—like a bunch of real-life Hercules.

Back then, going to a gym wasn't "a thing," at least not like it is today. There wasn't towel service and scented lotions in the locker rooms, and no TV at every cardio station. Hell, there weren't even cardio stations. And if you wanted a personal trainer, you'd simply pay the biggest guy in the gym to show you what he did to get that way. What gyms did have back then, though, was lots of living examples of grit and drive and, most significantly to present-day Dwayne Johnson, hard work.

"Other dads took their kids to the playground. Mine took me to the gym, and the gyms he took me to were very hardcore. Weight rooms, really. But it was important bonding time for us, and it was there that I learned at a very young age that there's no substitute for hard work."

"My dad and the other wrestlers would train for hours and hours every morning, just like all of the top bodybuilding stars of the day—Arnold Schwarzenegger, Franco Columbu, Frank Zane, Albert Beckles. It was all he knew, and it was all I knew back then. And it worked."





# 2

## Persistence Pays.

**WHEN HE WAS** 8 years old, Dwayne's parents allowed him to participate in sports—baseball, soccer, martial arts, gymnastics. Sometimes his dad would wrestle with him, bending his wiry frame into knots, toughening him up for the hard knocks to come.

Dwayne was dying to lift weights like his dad, but he'd have to give it a few more years.

"They used to say that if you started lifting too young you'd stunt your growth, so my dad made me wait till I was a teenager."

Then, at long last, the day came when Dwayne could finally step into a gym and do something other than sit around and watch the adults have all the fun. He was 13, and it was a Saturday, and he was ready to put all his years of fascinated observation to use. The bench press was an obvious first choice.

Rocky started his son out with an empty bar. The kid handled it easily—none of the shaking you'd expect from a newbie—so they load a pair of 25s onto it. No problem. The kid makes his old man, and himself, proud.

"So my dad says, 'All right! Are you ready to go for the 45s?' I was

with 135 pounds!"

Dwayne became obsessed with the idea of moving that weight, and soon. The quicker he could exorcise the demon of failure, the better. So every day that week he could be found either in the gym training or on the floor of his apartment doing pushups. He would apply the same work ethic he watched his dad and so many other wrestlers and body-builders exhibit for the past seven or eight years, and be damned if he didn't lift that weight!

The following Saturday he joined his dad at the gym, determined to push that bar off his chest. They went through typical warmup sets, and then loaded a pair of 45s onto that same bar that had crushed Dwayne seven days earlier. He got back on the bench as Rocky positioned himself to spot, and on the count of three, Dwayne unracked the weight, lowered it to his chest, and forcefully pushed it back up to arm's length.

"And that's why I don't need therapy today."

like, 'Yeah, let's do it!'

"So we put a 45 on each side, and I get down on the bench with him spotting me. He counts off, 'One, two, three!' and he lifts the bar off the supports...and I get buried. I was completely embarrassed. I'll never forget that feeling. Buried



# 3

## Have a Sense of Purpose.

**DWAYNE HAD SEEN** his mother cry before, but not like this. They had just come home to an eviction notice and a padlock on the door of their tiny one-bedroom efficiency flat in Honolulu, when all the years of struggling to make ends meet as the wife of an itinerant professional wrestler seemed to come crashing down upon Ata Johnson, and she wept as hard as she ever had. It was then and there that 14-year-old Dwayne Douglas Johnson made a vow to himself.

"I was determined to take control of the situation. I would never be homeless again, and I'd never, ever see my mom cry like that again."

Of course, at 14, Johnson couldn't get a job that would pay the rent. Yet with his dad wrestling in Tennessee, he was the de facto man of the house and knew that he had to do something—anything—to help turn his mother's situation around. Then he had an epiphany.

"It occurred to me that all of the men I knew who had achieved success were all men of great physical stature. And I knew that they all got that way through sweat equity—putting callouses on their hands. So

in my mind, the key was simple: I'd continue going to the gym and work harder than before, and then I'd follow their path to greatness."

To that point, Dwayne had been training two days a week, fitting workouts into a student-athlete's schedule. But now he'd have to take his training more seriously. He would have to build himself up, just as his dad had, just as the body-builders whose images he gazed upon in wonder in *M&F* had. If he truly wanted to protect his mother and himself from ever being evicted again, he reasoned he would have to double down on his gym time.

And so he did, training harder than ever, building himself into manhood by way of heavy metal and calloused hands. And while in retrospect he knows that lifting weights and paying rent are unconnected in even a tangential way, the determination and sense of purpose that grew out of that event would continue to serve him to this day. His workouts took on a new level of intention from that moment on.

"In looking back I realize how seminal a moment that was in my life."





DWAYNE JOHNSON



# 4

## Without Control, Strength Can Become Weakness.

**BETWEEN THE AGES** of 14 and 15, training went well for Dwayne. By the time he entered high school he had grown to a towering 6'4" and tipped the Toledo at 225 pounds—

much of it hard-earned muscle. This gave him a healthy dose of self-confidence—and even a degree of arrogance. But for all the focus and discipline he showed in the



MOVIESTORE COLLECTION, LTD/ALAMY; DAVE J HOGAN/GETTY IMAGES; DAVID KEELER/GETTY IMAGES; AF ARCHIVE/ALAMY

gym, his unstable home life left him directionless outside of it.

"I was running around and getting in trouble a lot. I was arrested multiple times for a multitude of things, from fighting to a theft ring to check fraud to more fighting. I did a lot of stupid shit and struggled to stay on the right path."

Then, when he was 15, came what he calls his "trifecta"—a trio of cataclysmic screwups that brought him to the brink of a failed life.

"First, I got arrested. My parents came down to the police station and picked me up, and I recognized that despite the fact that we were living paycheck to paycheck, I was the biggest source of their stress. And in that moment I thought, 'I don't ever want to disappoint my parents again.' So I said to myself that I was going to stop getting arrested."

He managed that, yet couldn't keep out of trouble. The next day he was expelled for getting in a fight and knocking out the other kid.

When he returned to school two weeks later he found a new way to be classified as a "troubled youth." Deciding that the students' bathroom at Freedom High School in Bethlehem, PA, wasn't good enough for him, he did his business in the teachers' bathroom.

"In walks this teacher, who takes one look at me and says, 'Hey, you can't be in here. You've gotta go.' Well, I was a complete dick to him. I'm washing my hands, and I look over my shoulder and say, 'Yeah, in a second,' and I continue washing my hands. Then he pounds the door with his fist and yells, 'You gotta get the fuck out of here, now!' And what do I do? I dry my hands and brush past him like a real asshole punk kid. And he's steaming.

"Here was a guy who was absolutely willing to fight me, as big as I was, not because he wanted to hurt me, but because he cared."

# 5

## See the Signs Around You.

**THAT NIGHT, WHEN** he went home, Dwayne felt pangs of guilt running through him like the pain from a deadlifting session gone wrong. As opposed to the eight or nine times he'd been arrested and his multiple expulsions from school, this time he couldn't shake the feeling that if he didn't take responsibility for his actions and turn things around quickly he might not get the chance to turn them around at all.

"So the very next day I went back to school to look for him. I found out where he was teaching and went to his classroom, walked right up to him, and said, 'Hey, I just want to apologize for the way I acted yesterday. I'm sorry.' I stuck my hand out to shake his, and he looked at my hand, and then he looked at me, and he took my hand and said, 'I appreciate that.' And he held on to my hand and said, 'I want you to play football for me.' So I said, 'OK.' And that was it."

Jody Cwik would turn out to be much more than a football coach. He would become a key figure in Dwayne's development, believing in him even when he didn't believe in himself. Football would provide

Dwayne with a positive outlet for his frustrations and aggression and a renewed sense of focus. As to why he felt compelled to apologize to Cwik, Dwayne is philosophical.

"There are signs around us all the time, and a lot of the time we don't see them, but sometimes we do, and those become the greatest lessons."



### SOCIAL MEDIA

"Social media is such an important asset to my career," Dwayne says. "I came to it late—in 2011—because I didn't quite understand the power of it. I initially thought it was about showing people what you ate that day or where you traveled to. But it's more than that. It's a way of communicating with fans that no other type of media can provide. It's a significant part of one of my most important relationships, which is with the fans."

"I enjoy all forms of social media, but I find that Instagram is really best for storytelling, because of its visual aspect. Plus, I have long-ass arms, which are great for selfies."



# TO BE THE BEST, USE THE BEST.

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# 6

## When in Doubt, Go Back to Basics.

**UNDER THE WATCHFUL** eye of coach Cwik, Dwayne steadily improved, both as a student and as an athlete. By the time he was a high school senior he was ranked one of the top 10 defensive tackles in the nation and was offered a scholarship to the University of Miami. He jumped on the opportunity like a loose ball.

At Miami, his combination of size, strength, athleticism, and work ethic made Dwayne a standout from the moment he first stepped onto the field. Finally, at 18, and with a lifetime worth of mistakes and heartaches behind him, Dwayne Johnson was cooking with gas.

"I was ballin'. I was going to be the only freshman to play. Then, on the very last day of practice with pads I completely dislocated my shoulder. It was an awful dislocation. That night I was having a complete reconstruction of my shoulder. I went from being on top of the world to in the dumps at 18."

Dwayne quickly fell into a depression. He stopped going to class. Then, without taking any of his midterms, he just went home.

One day he got a call from Mi-

ami's head coach, Dennis Erickson.

"He says to me, 'I'd like you to come back to school early.' I ask, 'How early?' and he says, 'In a couple of days.'

"So I come back to school, and he was so pissed. He and my defensive line coach charged hard on me. They grilled me. 'How can you do this? You embarrassed us! You embarrassed the team! You were in a leadership position, and now you have a 0.7 GPA because you fucked off and left!'

Then came a challenge that would test Dwayne's mettle as

much as any workout he'd ever had.

"They said, 'Here's what's gonna happen. From now on, you are under academic probation. You are on the verge of having your scholarship pulled. You will attend every class. Then, when you're done with class, you will go straight to the gym and attend every team meeting, and you will sit on the sidelines at every practice. But here's the key: In order to get into the football building, you will have to get signatures from every one of your professors every day saying that you attended class.'"

Even counting the nine arrests, and all his other youthful "indiscretions," this represented a new low for Dwayne. He was embarrassed and remorseful. He knew that if he were to lose his scholarship he'd be out of school: His parents simply couldn't afford to pay his tuition.

And so, Dwayne made the decision to travel the hard road once more. By this point it was well-worn. He didn't need directions. He would simply call upon the same principles that powered him through his most grueling training sessions: focus, persistence, and of course, lots of hard work.

"I did everything they told me to do and turned it around. Eventually I became the academic captain, and by my junior year I was pre-season All-America on a couple of lists. I did what had to be done."



### ANCHOR, MAN

"Training is my anchor every day, regardless of whether I'm on a set or at home," Dwayne says. "Yes, I'm busy, but we're all busy. We're all on the treadmill of life, and it requires balance, but for me, training is a key part of that balance."

"Typically, I get up at 3:45 in the morning, do my cardio, have my breakfast, then I'll go hit the iron, then go to the movie set. If I can get those things done and get to the set at 7, 8 o'clock, then I can work for the next 12, 14, 16 hours. I'm good. I'm like a cow—I just need water. It's my anchor. At that time I'm by myself—nobody else is awake. So I do my work, e-mails, and focus."

DWAYNE JOHNSON



# 7

## Failure Is a Virtue.

OTHERS IN DWAYNE JOHNSON's position might choose to sweep their history under the rug, ashamed of the mess and how it might appear, but not Dwayne. To him, there's a sublime beauty in life's struggles, and he knows that just as he owes his mountainous biceps and barn-door-wide shoulders to years of strain and pain, so, too, are his successes made possible by earlier losses.

"I always want to remind people of my past, because it is directly responsible for who I am today. It's undeniable that I'm a product of those tough times. I am a product of the most challenging times of my life. And that's the value of them. They shape you and they mold you, and so, I was formed by these lessons at a very young age."

One experience in particular has left a lasting impact, and for as painful a memory as it is, he keeps it in his thoughts at all times.

"As crazy as it may sound, in my mind, I'm always a week away from getting evicted, and that's what keeps me motivated, not the material things. You can strip them all away—strip them away today. Strip away the glitz and the glamour of Hollywood.

Strip away the red carpet, the big box-office global hits, the cars, the homes. Strip everything away to me going back to being dead broke, evicted with seven bucks in my pocket, and you know what? The one thing that's absolutely guaranteed is that I will still be training when the sun comes up."

Training, and continuing to learn the lessons that come from iron and sweat and lots of good, old-fashioned hard work.



### KEEP ROCKIN'

Get The Rock's full workout plan, diet, and an exclusive photo gallery at [muscleandfitness.com/rock](http://muscleandfitness.com/rock)



### MAN OF THE CENTURY

Being *Muscle & Fitness'* Man of the Century is an honor. "It's a privilege, considering its history," Dwayne says. "For 75 years *M&F* has featured the best of the best in bodybuilding, fitness, sports, and entertainment on its cover, and it's inspired millions upon millions of people to take charge of their lives and get fit and strong. So I'm proud, but I'm also incredibly grateful. You know, I've had the privilege to be on the covers of every major magazine in the world—*Rolling Stone*, *GQ*, *Details*, *Esquire*, *Men's Health*, and they're all fantastic. But at my core is hard work and training and sweat equity, so to be Man of the Century for *Muscle & Fitness* is by far the greatest.

"It's my most important cover ever, because of my personal history with the magazine. When I was a kid I aspired to be just like the guys on the cover of *Muscle & Fitness*, not just because of their success, but because that success came about through hard work, which is something that's hardwired into my DNA." *M&F*

### THE MOTC ROUTINE ARMS

EXERCISE	SETS	REPS
Standing Barbell Curl	7*	8-12
Rope Pushdown**	3	8-12
Low Cable Rope Curl†	3	8-12
Dip	3	8-12
Spider Curl	3	8-12
Close-grip Bench Press	3	8-12
Preacher Curl††		
<b>SUPERSET WITH</b>		
Reverse Curl	4	8-12
Overhead Triceps Press††	7	8-12

\* For FST-7 sets, DJ takes only 30 to 45 seconds between sets. Otherwise, he rests about 90 seconds.

\*\* Splaying hands away from each other at the bottom.

† Keeping elbows in front of his body, rather than to the sides.

†† Using a cambered bar.



## 75 YEARS OF M&F WISDOM

As we wrap our 75th anniversary celebration this month, we combed our archives for the best pieces of advice that hold up today. From the 1940s to the 2000s we've kept our readers ahead of the curve. Here, we present the 75 best pieces of advice we've ever offered, from Day 1 in 1940 to today.

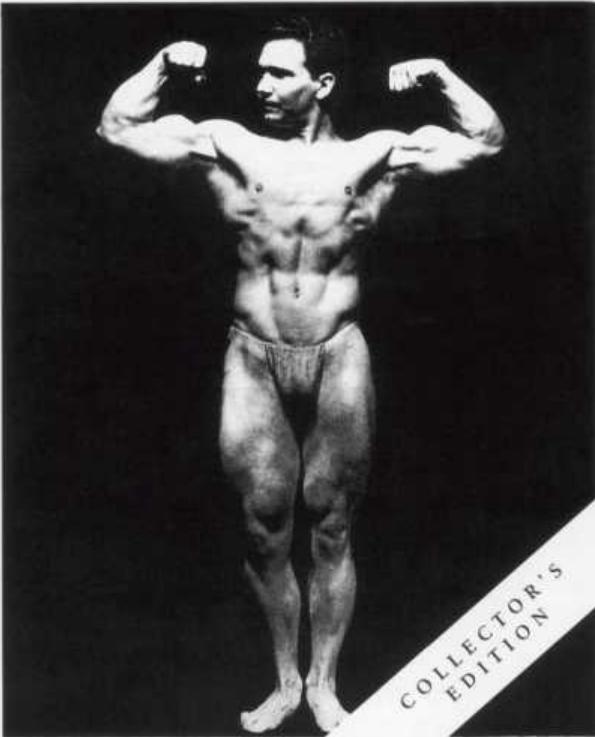
BY THE EDITORS OF M&F



**YOUR PHYSIQUE**

**15¢ Aug.**

NATIONAL HEALTH AND PHYSICAL CULTURE MAGAZINE



Darwin Horvath, N.Y. City. Weight lifter, and one of the best built men in the world.

COLLECTOR'S EDITION

## 1941—OLYMPIC ROOTS

Dating back to the March 1941 issue of *Your Physique*, we've preached the overall strength and aesthetic benefits of Olympic weightlifting. While these lifts fell out of favor, they reemerged with the popularity of CrossFit.



## STRONGMAN

In every issue in 1954, we published "Strongman Stunts You Can Do." Strongman training, like Olympic lifting, has enjoyed a resurgence, though you're now more likely to see it filed under "functional" training. In recent years, we've continued to extoll the benefits of Atlas stone lifts, which columnist Rob Orlando considers indispensable for building strength everywhere.



### KEEP ON PRESSING

In Jan. 1947, we published an article on the benefits of overhead pressing that holds up today; it's perfect for building the delts and tri's and even developing core strength.



### FINISHERS

Weider's Compound-Set Principle supersetted the same muscle to instigate pump. Today, lifters use this to "finish" a muscle.

### PULLUP—AND HOLD

In Sept. 1959, we published "The Prone Chin." Today, we just call that a pullup, but the article's advice is sound: to hold the peak position of a pullup for a few seconds to force both your lats and biceps to grow.

## BEFORE IT WAS COOL

### Natural Energy

In the 1940s, less was known about table sugar's negative health impact, but we still steered readers toward natural sweeteners like honey, which is also a cough suppressant and today a top pick for endurance racers.

### Smoking Kills

Joe Weider wrote "Don't Be a Cigarette Slave" in August 1944 and "Do Cigarettes Cause Cancer?" in Dec. 1947. This at a time when doctors recommended cigarettes as a stress reliever. Today, tobacco accounts for at least 30% of all cancer deaths in the U.S.

### The Bent Press

An oldie but goodie: Between 1948 and 1957 we frequently recommended the bent press: Start with a dumbbell on one shoulder, bend to the opposite side, and press the weight up with one hand. It's a great way to build shoulder and core strength.

### The Original Weider Principle

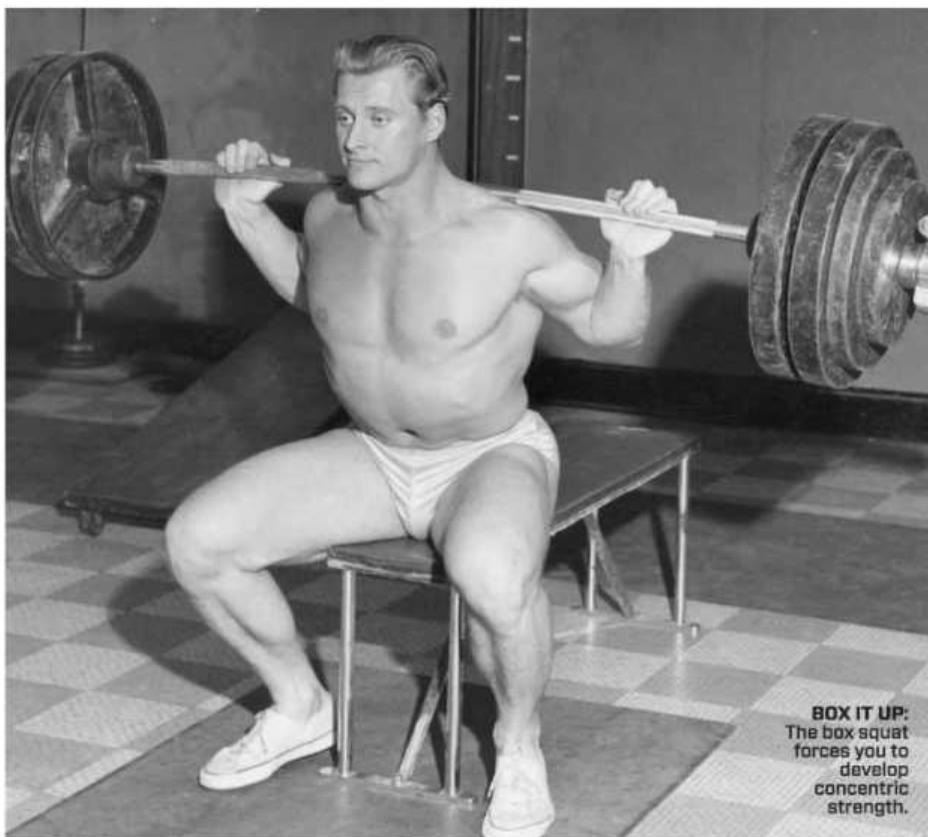
*Your Physique* introduced a training technique called supersets for the first time in 1951. Today, you'd be hard-pressed to find an athlete anywhere in the world who hasn't used them to make workouts more intense and efficient.

### Use the Force

Ever have your training partner help you finish a heavy set after you've hit failure? The benefits of going just a bit beyond your limits—increased pump and hormone release—were first noted in 1952 in *Your Physique*.

### Isolate

Preacher curls, rope pressdowns, cable crossovers, and other isolation moves owe much of their immense popularity to the introduction of this principle in March 1952.



**BOX IT UP:**  
The box squat forces you to develop concentric strength.

## DO BOX SQUATS

The box squat was a staple of this magazine during its early days. By squatting onto a box, you eliminate the rebound effect of the free squat, in which you can “bounce” out of the hole by quickly changing direction. The box squat (using a box or bench, as shown) forces you to come to a complete stop at depth and generate all your own power out of the hole. Powerlifting legend **LOUIE SIMMONS** actually learned the box squat from *M&F* and spread it to the powerlifting community.

### BEFORE IT WAS COOL

#### Don't Forget to Flush

Muscle flushing, or doing multiple exercises per body part to trigger maximum hypertrophy, was first reported by Weider in 1953 and remains a staple today.

#### That's So Dip

The dip was the “Exercise of the Month” in Jan. 1955. Today, it remains one of the most effective exercises for building the arms, chest, shoulders, and core. For maximum contraction in your pectorals, lean forward as you dip.

#### Home Sweet Home

At-home workouts have been endorsed since our 1954 issue. Then, it was “deep knee bends.” Today, we offer body-weight workouts you can do anywhere. Check out Andy McDermott’s killer circuit this month on page 64.

#### Partner Up

If you train with someone else—and especially if you train with someone who’s stronger than you—you’re going to work out much harder. It has evolved today, but the truth of this statement is the basis for all group fitness classes.

#### Powerbuild

Start heavy, finish light. Josh Bryant wrote about power-building for us in Nov. 2014, echoing a Weider idea from the '50s. Start your next back workout with four heavy sets for four reps, then lighten up with other accessory moves for 10 to 15 reps.

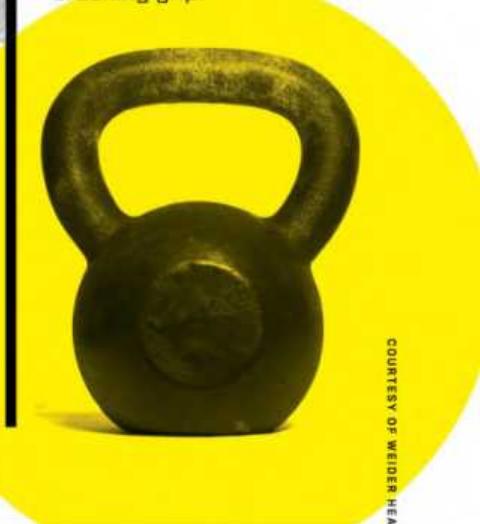
#### Squeeze at the top

The Peak Contraction Principle says to squeeze the muscle being trained at the top of a rep for one to two seconds to apply max tension. Try it on every isolation move you do today.

## USE THE POWER OF THE BELL

Based on the three *Muscle Builder* articles about kettlebell training between 1952 and 1959, one of which was

**“TRY KETTLEBELLS FOR SUPREME SCULPTURE OF THE TORSO,”** old-time lifters knew what bells could do. One 2014 *Journal of Strength Conditioning* study found two-handed swings coupled with sumo deadlifts provided more of a cardiovascular workout than hitting the treadmill. Widely credited with introducing the West to kettlebells, strength coach Pavel Tsatsouline recently shared his top tip for the KB overhead press: “Contract your abs, clench your glutes, and use a crushing grip.”



**BEFORE IT WAS COOL****Tweak Tempo and TUT**

The Weider Superspeed Principle wasn't airtight. However, the suggestion to tinker with tempos and Time Under Tension (see page 128) to maximally fatigue muscle fibers was ahead of its time.

**Supp Up**

Articles from the 1960s like "How Supplements Revolutionized My Bodybuilding Program" did more than move Weider products. They radically changed many lifters' nutrition plans—and their bodies—quickly.

**Cheat to Win**

Employing cheat reps—using a touch of momentum to squeeze out an extra rep or two—allows you to train beyond failure, overload the muscle, and move past sticking points. Just remember: Use it sparingly.

**Just Say No to Plateau**

Change your routine consistently and allow your body to determine how much rest you require between training sessions. By 1964, we were encouraging readers to rotate exercises in and out of their programs and use exercises in which they weren't proficient.

**See It to Achieve It**

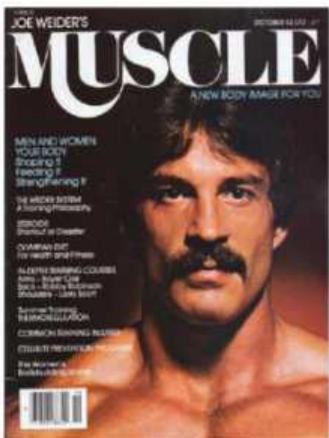
One of Arnold's secrets: visualization. He explained to us, "When I was burning out concentration curls, I imagined my arm filling the room." Decades later, studies would prove this technique improves performance.

**Squat for Size**

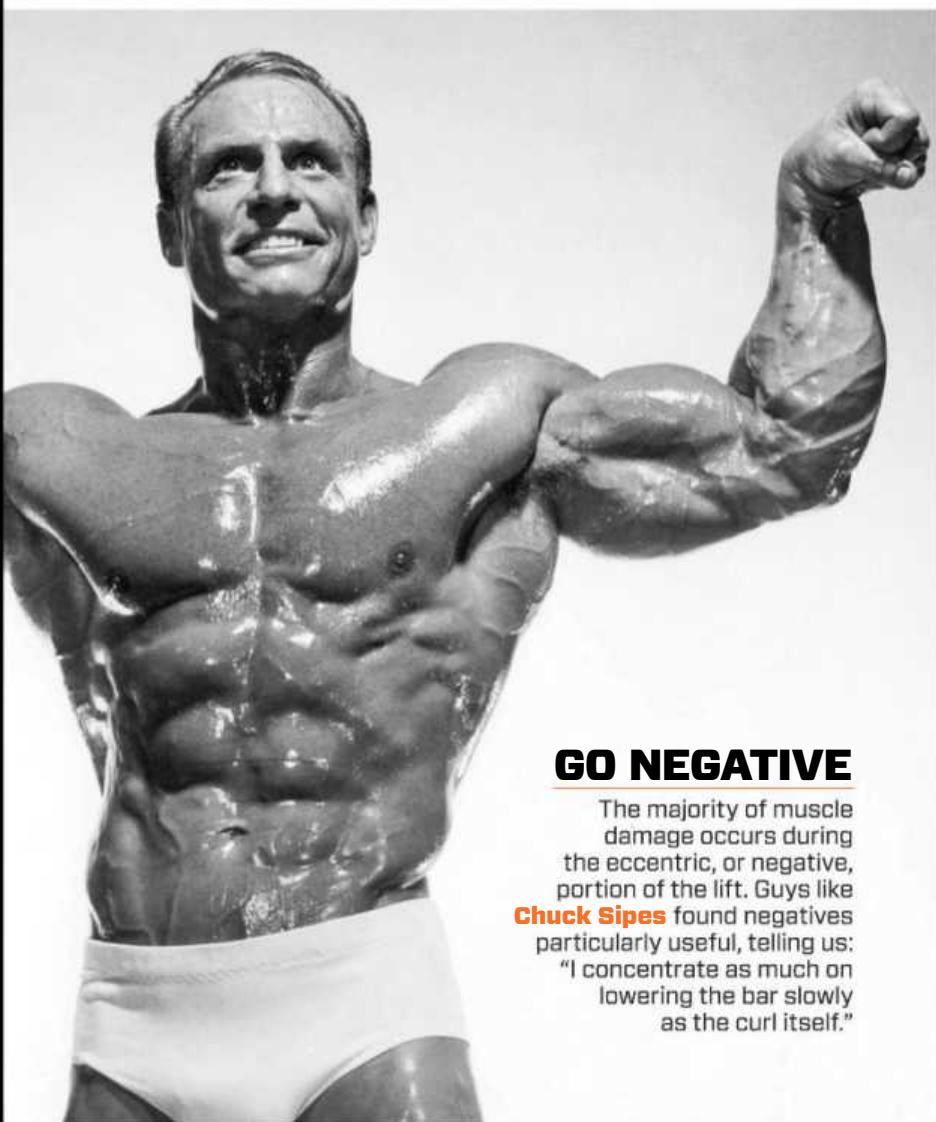
We take it for granted today that the squat is the king of exercises, but this happened by slow discovery. Heavy squatter Tom Platz even admitted that he got "carried away" with upper-body work before discovering the squat.

**Self-Motivate**

Selfies weren't a thing in the '70s, but readers were instructed to get before-and-after photographs of themselves to track their training progress.

**"HIT" IT HARD**

High-intensity training (HIT) gained popularity throughout the 1970s. As it did, *Muscle* covered HIT principles and training, as well as spin-offs such as **MIKE MENTZER**'s Heavy Duty. Mentzer's training style called for using heavy weights with lower rep counts while using forced reps, negative reps, and rest-pause. Today, these techniques remain invaluable for gaining size.

**GO NEGATIVE**

The majority of muscle damage occurs during the eccentric, or negative, portion of the lift. Guys like **Chuck Sipes** found negatives particularly useful, telling us: "I concentrate as much on lowering the bar slowly as the curl itself."

## BEFORE IT WAS COOL

### Manage Stress

Unmanaged stress triggers spikes in cortisol, emotional eating, and loss of appetite or motivation, points addressed in a June 1960 article, "Your Greatest Muscle-Building Enemy."

### Steroids 101

Educating lifters on the pros and cons, rather than outright demonizing anabolic steroids, gave readers the ammo they needed to make an educated decision about why they should steer clear of steroids.

### Sleep It Off

In 1970 we said, "Sleep is vital to tissue repair and the restoration of energy depleted by training." Last year, the CDC said insufficient sleep is a public health problem. You won't just hamper your gains, you'll put yourself at increased risk for heart attack and stroke.

### Split It

The Weider Split System started with a chest day, a legs day, and so on but evolved to the modern splits of chest/back, bi's/tri's, legs/shoulders by the 1970s. The need for the modern man to get more done in less time made training more efficient.

### Work the Whole Core

In Dec. 1979, we quoted Mike Mentzer: "Most bodybuilders spend more than enough time developing rectus abdominis—or the frontal midsection area—while almost totally neglecting the oblique and serratus muscles."

### Hone Technique

"Without proper technique—so well practiced it becomes completely automatic—added strength is of little use," we said. Some 50 years later, nothing's changed: Technique trumps weight. Always has, always will.

### Isometrics

Most people place emphasis on the concentric and eccentric portions of the rep. But isometric contractions, without movement, provide an entirely different—and powerful—training stimulus.



## SLOW DOWN

It's common for beginners to want to go as heavy as possible, but getting big muscle is a marathon, not a sprint. In '79, two-time Mr. Olympia winner **FRANCO COLUMBU** urged against letting the ego get in the way. He said joint soreness and muscle pain are never to be ignored.



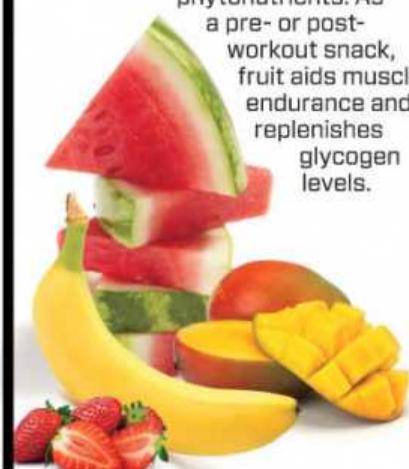
## TRUST YOUR GUT

The Weider Instinctive Training Principle told lifters to trust their instincts. If you're convinced a different approach will trump conventional wisdom, follow your gut and test it out. **BILL GRANT** refined the definition for us: "The single most important thing I gained from the multitudinous training techniques I experimented with is the knowledge of what works best for me."

## DON'T FEAR FRUIT

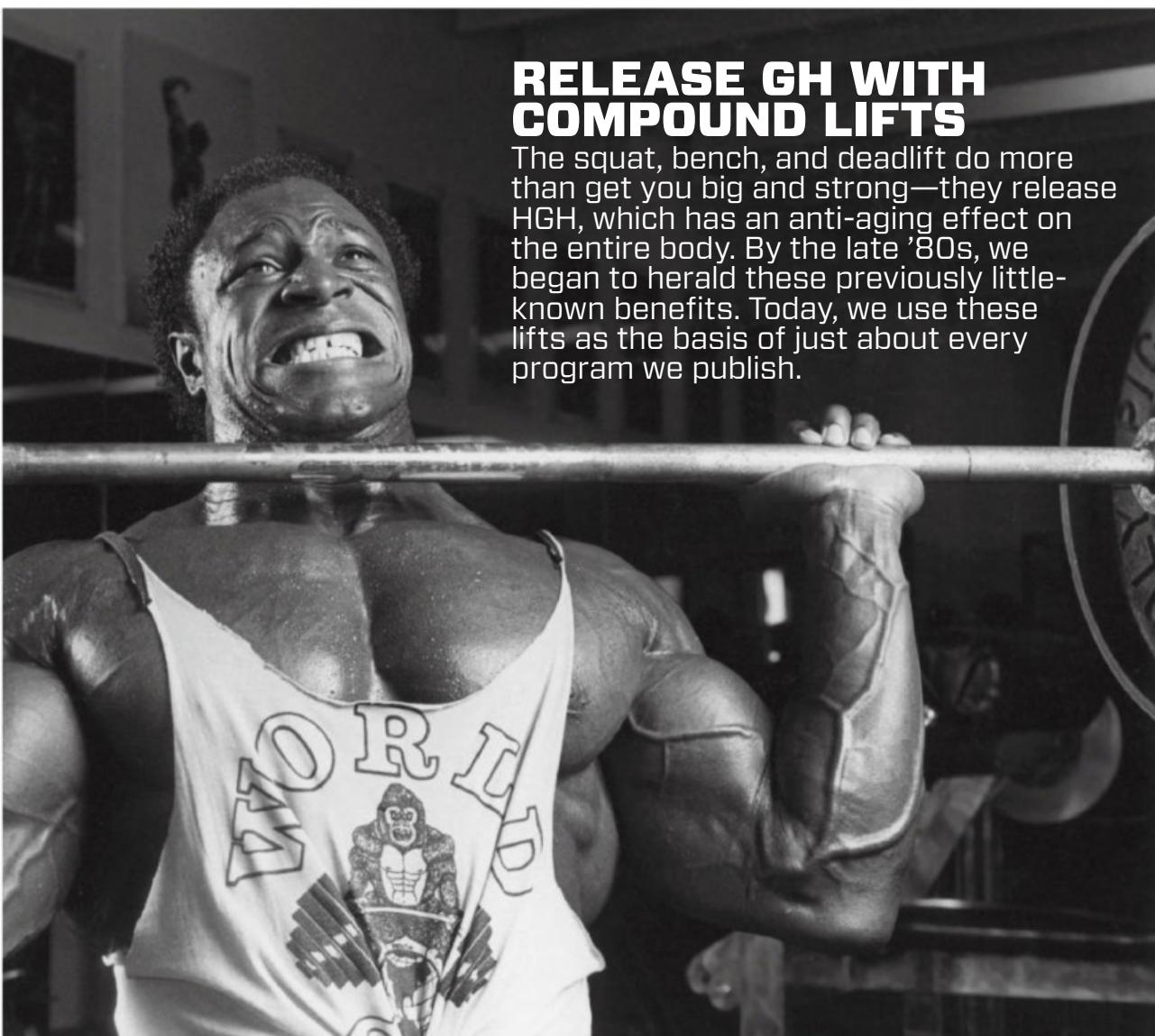
Because fruit contains sugar, many weightlifters, then and now, stay away from it. In moderation, however, fresh fruit is a healthy source of fiber, vitamins, micro-nutrients, antioxidants, and

phytonutrients. As a pre- or post-workout snack, fruit aids muscle endurance and replenishes glycogen levels.



## RELEASE GH WITH COMPOUND LIFTS

The squat, bench, and deadlift do more than get you big and strong—they release HGH, which has an anti-aging effect on the entire body. By the late '80s, we began to herald these previously little-known benefits. Today, we use these lifts as the basis of just about every program we publish.



### BEFORE IT WAS COOL

**Women Should Lift**  
The hormonal differences between men and women make it all but impossible for most women to begin resembling male body-builders. Ladies: Lift away!

**Young Kids Should Lift**  
Kids need to drill form and perfect it before adding weight, but we've tried to bust the "stunted growth" myth for 30 years. Today, the N.S.C.A. has specific guidelines.

**Simple Cardio**  
Whether you want to bike, run, or play basketball, cardio is cardio—and fresh air has its own benefits. Moreover, if you keep cardio interesting, you'll do it more often.

**Powerlift for Size**  
Guys who train seriously for the big three—the squat, bench, and deadlift—have a leg up on guys who just train for a pump. A stronger muscle is always a bigger muscle.

**Blast It!**  
Throughout the '80s, we recommended the arm blaster for standing isolation of the biceps and couldn't be happier with its recent (minor) resurgence. It's a lot cheaper than a preacher bench.

**Heels Up**  
Squat with your heels slightly raised—either on a wood plank or on some weight plates—to place more emphasis on quad development. This still works well. See page 134 to see how it's done.

**Preload**  
We've urged the use of creatine since it hit the scene. Along with caffeine and aminos, it's perfectly safe and effective—and a staple of pre-workouts since the '90s.

## BEFORE IT WAS COOL

### Deadlift

By the early '80s, Weider was so convinced of the effectiveness of deadlifting for building muscle all over the body as well as grip strength that he recommended it for everyone, regardless of training goal.

### Move to the Music

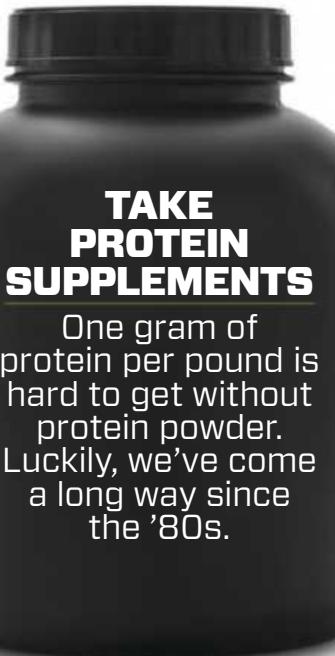
Back then, a lot of bodybuilders told us that they performed much better when listening to their favorite tunes. Today, we have studies that prove the more beats per minute the tune, the faster your body will want to move.

### Rise of the Machines

They keep you locked in a movement pattern—and for that reason they will always be secondary to free-weight moves—but machines have a place in your routine, allowing you to continue to safely overload muscles past normal fatigue.

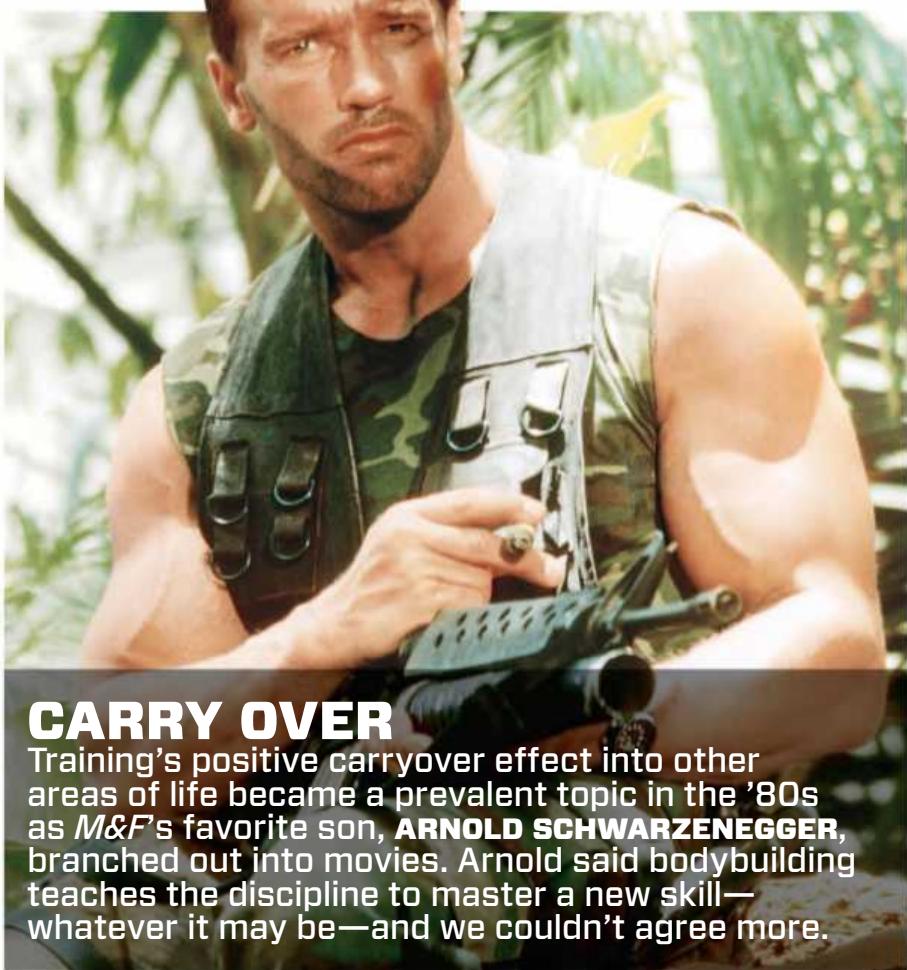
### Watch the Fat

A high-fat diet can cause a host of health problems. Whatever your diet, make sure fat is less than 30% of your daily caloric intake.



## TAKE PROTEIN SUPPLEMENTS

One gram of protein per pound is hard to get without protein powder. Luckily, we've come a long way since the '80s.



THIS SPREAD, CLOCKWISE FROM TOP LEFT: 20TH CENTURY FOX; EDGAR ARTIGA; MICHAEL HITOSHI/CORBIS; PAVEL YTHJALLI; ISTOCKPHOTO (2); COURTESY OF WEIDER HEALTH & FITNESS

## CARRY OVER

Training's positive carryover effect into other areas of life became a prevalent topic in the '80s as *M&F*'s favorite son, **ARNOLD SCHWARZENEGGER**, branched out into movies. Arnold said bodybuilding teaches the discipline to master a new skill—whatever it may be—and we couldn't agree more.



## "PRIMITIVE" DIETING

Long before the Paleo craze, we recommended "primitive" dieting: unprocessed meat and veggies and no grains. While you don't really need to go Paleo, we still believe the closer to natural, the better.

## POSEDOWN

Posing as isometric exercise is actually quite intense and can help bring out definition. It gained prevalence when competitors noticed they were often in better shape after bodybuilding shows.



## TRAIN TO MAKE SEX BETTER

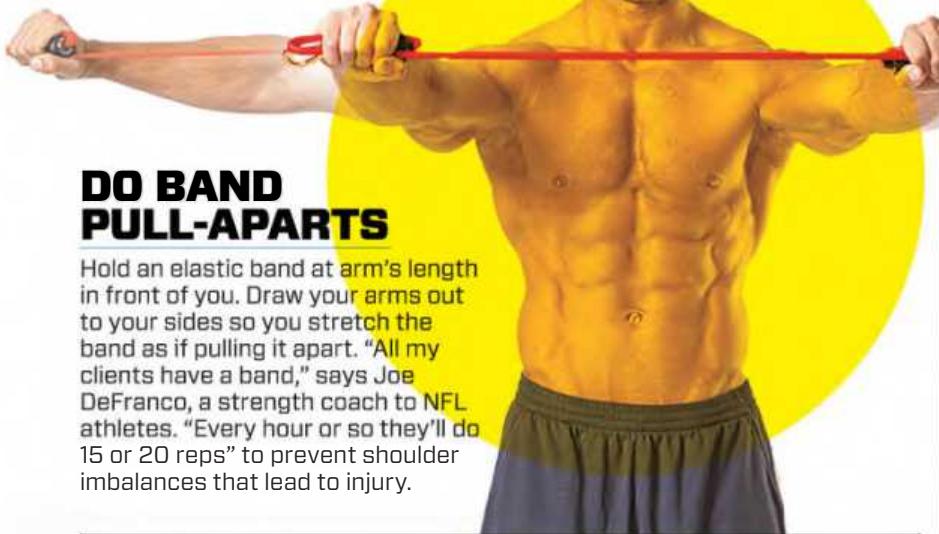
In the '80s we used anecdotal evidence that "women prefer bodybuilders." Today, we know training doesn't just boost confidence but also increases hormone levels as well as blood flow to sex organs.

WISDOM FROM EVERY ERA  
**2000-PRESENT**



#### HIIT IT

High-intensity interval training has been shown to improve endurance faster than aerobic training and burn fat. For cardio, alternate short bursts of all-out exercise with longer periods of light work.



#### DO BAND PULL-APARTS

Hold an elastic band at arm's length in front of you. Draw your arms out to your sides so you stretch the band as if pulling it apart. "All my clients have a band," says Joe DeFranco, a strength coach to NFL athletes. "Every hour or so they'll do 15 or 20 reps" to prevent shoulder imbalances that lead to injury.

#### FAST FOR FAT LOSS

Intermittent fasting, in which you go as long as 16 hours without eating and then feast, has been shown to boost growth hormone and promote fat loss.

#### THE LATEST & GREATEST

##### Try Tabata

Do 20 seconds of work with 10-second breaks. Do eight rounds for four minutes.

##### Be Unbalanced

Use uneven weights to strengthen your core. Your abs will have to work harder.

##### Roll It Out

Use a foam roller to massage away knots, improve flexibility, and speed recovery.

##### Form Above All

End a set when your form breaks down. You can always add more sets later.

# IS YOUR PRE-WORKOUT UP TO SNUFF?

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## USE BLOOD-FLOW RESTRICTION

BFR training involves temporarily reducing circulation by wearing an elastic wrap around your arms or legs. BFR produces a range of metabolic and hormonal effects that are associated with muscle growth.

## THE LATEST & GREATEST

### Prepare Yourself

"Pre-pumping" the muscles you're going to use on the main lift helps prevent injury. Dumbbell press before you bench and do leg curls before deadlifts.

### On the Casein

Because it digests more slowly than whey protein, casein keeps muscle protein synthesis turned on for longer. Take it before bed to reduce muscle breakdown while you sleep.

### Go West

Try the Westside template: Two days a week, train your squat and bench with heavy weights in the one- to five-rep range; another two days, train them for power—lift explosively with 40–60% of your max.

### Walk Like a Farmer

It's the ideal "functional" lift, and it's been around forever. Pick up the heaviest dumbbells you can handle and walk as far as you can to build grip, core, trap, and shoulder strength.

### Get a Stretch

Finish your workouts with a movement that stretches the target muscles under load to boost growth. Try dumbbell Romanian deadlifts at the end of leg day to finish the hamstrings.

### Jump for It

Take a vertical jump test at the beginning of a workout: Jump as high as you can, and repeat twice more. If your best jump isn't 90% of the height it is normally, you're not recovered and need to back off.

### Take BCAAs

Branched-chain amino acids activate muscle protein synthesis and can prevent catabolism when taken before training on an empty stomach.

### EAT COCONUT OIL

It contains medium-chain triglycerides, which can increase growth hormone levels, burn fat, and boost your metabolism.



THIS SPREAD, FROM TOP LEFT: PER BERNAL; BRIAN KLUTCH; IAN SPANIER(2); MARK ROYCE; ROB TRINGALI





## HAVE A BALL

Using a Swiss ball (the big inflatable ball in your gym) trains your core by providing instability. Rest your hands or feet on it to challenge your balance, or use it to safely increase the range of motion on a situp.



## GAIN POWER

Exercises like the box jump and plyo pushup train your body to be more explosive, helping you through sticking points on lifts. Do multiple sets of one to five reps.

## ROW LIKE KROC

Popularized by transgender powerlifter Janae Marie Kroc, the Kroc row is a one-arm dumbbell row—extremely heavy to failure. Kroc once did 13 reps each arm with 310 pounds.

NAC



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**CHEF'S  
TIP**

Try to score true free-range eggs for this dish, as research shows that they are more nutrient dense.

# WINTER WONDERS

'Tis the season not to settle for flavorless, out-of-season vegetables from a far corner of the world. These recipes featuring the best and freshest that the winter produce aisle has to offer will make sure you end the year on a nutritional high note.

BY MATTHEW KADEY, M.S., R.D. // PHOTOGRAPHS BY TRAVIS RATHBONE

## BRUSSELS SPROUTS AND EGG HASH

SERVES 2

- 1 tbsp unsalted butter
- 2 cups quartered brussels sprouts
- 2 shallots, chopped
- ¼ tsp salt
- 3 cups spinach, ends trimmed
- 1 garlic clove, minced
- 2 tsp grated lemon zest
- 2 large eggs
- Black pepper to taste
- 2 tbsp bread crumbs
- 1 oz soft goat cheese, crumbled
- 2 tbsp chopped walnuts

**1**) Heat a medium-size skillet over medium heat. Melt butter and then add sprouts, shallots, and salt. Heat until sprouts are tender and slightly browned, 6 to 8 minutes. Stir in spinach, garlic, and lemon zest; heat until spinach is lightly wilted.

**2**) Create two nests in the skillet for the eggs. Crack eggs into nests, cover skillet, reduce heat to low and cook until egg whites are set and yolks have reached desired consistency, about 10 to 12 minutes for runny yolks.

**3**) Season with black pepper and scatter on bread crumbs, goat cheese, and walnuts.

### THE MACROS

296 CALORIES	16g PROTEIN	19g CARBS	19g FAT
--------------	-------------	-----------	---------



## BUTTERNUT HUMMUS

SERVES 6

- 1 lb butternut squash (about 2 cups), peeled and diced
- 1 tsp plus 2 tbsp extra-virgin olive oil
- 1 cup cooked or canned chickpeas, drained and rinsed
- 1 garlic clove, minced
- Juice of  $\frac{1}{2}$  lemon
- 2 tbsp tahini
- 1 tsp smoked paprika
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp cumin powder
- $\frac{1}{4}$  tsp cinnamon

1) Preheat oven to 400°F.

Toss butternut squash

with 1 tsp  
oil and  
spread out  
on a baking  
sheet. Roast  
until tender,  
about 30  
minutes.  
Let cool.

2) Place butternut and  
remaining ingredients in a food  
processor or blender and blend  
until smooth.

### CHEF'S TIP

Serve this riff on  
traditional hummus  
with sliced veggies or  
whole-grain crackers  
as a snack. It also makes  
a killer sandwich  
spread.

### THE MACROS

150 CALORIES	4g PROTEIN	18g CARBS	8g FAT
--------------	------------	-----------	--------

## PEAR-OAT BREAKFAST SMOOTHIE

SERVES 4

- 4 pears
- 1 cup rolled oats
- 4 cups low-fat milk
- 2 cups plain Greek yogurt
- 4 tbsp almond butter or peanut butter
- 8 tsp pure maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp ginger powder

1) Slice pears into quarters and remove cores. Spread out on a baking sheet and place in freezer until frozen solid, about 4 hours. Transfer to a resealable plastic bag until ready to use.

2) Preheat oven to 300°F. Spread oats on a rimmed baking sheet and bake until they begin to darken and smell toasted, about 10 minutes, stirring once halfway through cooking time. Be careful not to burn oats.

3) For each smoothie, place  $\frac{1}{4}$  cup toasted oats, 1 cup milk,  $\frac{1}{2}$  cup yogurt, 1 tbsp nut butter, 2 tsp maple syrup,  $\frac{1}{4}$  tsp vanilla,  $\frac{1}{4}$  tsp cinnamon,  $\frac{1}{4}$  tsp ginger powder, and 1 frozen pear in a blender and blend until smooth.

**CHEF'S TIP**  
If you have a blender  
with no muscle,  
carefully chop  
the frozen pears  
into smaller pieces  
before blending.

### THE MACROS

452 CALORIES	24g PROTEIN	64g CARBS	13g FAT
--------------	-------------	-----------	---------



# STEAK TACOS WITH BEET-CARROT SLAW

SERVES 4

- 1 large beet, shredded
- 1 large carrot, shredded
- 2 scallions, thinly sliced
- $\frac{1}{2}$  cup cilantro
- 3 tbsp cider vinegar
- $\frac{1}{4}$  tsp salt
- $\frac{1}{2}$  cup sour cream
- 4 tsp prepared horseradish
- Juice of 1 lime
- 1 lb sirloin steak
- 1 tbsp oil
- 8 corn tortillas, warmed

- 1) Toss together beet, carrot, scallions, cilantro, cider vinegar, and salt in a bowl. Let rest at least 30 minutes. Stir together sour cream, horseradish, and lime juice.
- 2) Season steak with salt and pepper. Heat oil in a skillet over medium-high heat. Cook steak for 4 minutes per side, or done to liking. Let rest 5 minutes and then thinly slice.
- 3) Place steak slices on tortillas and top with slaw and sour cream mixture.

**THE MACROS**

397 CALORIES | 27g PROTEIN | 28g CARBS | 20g FAT

**CHEF'S TIP**

Allowing the slaw to rest slightly pickles it, resulting in a crunchy and sour taco topping.

## KALE-BEAN SOUP

SERVES 6

- 3 oz thick-cut pancetta or bacon, chopped
- 1 yellow onion, chopped
- 2 cups mushrooms, sliced
- 2 garlic cloves, chopped
- 1½ tsp dried thyme or dried sage
- ¼ tsp black pepper
- ¼ tsp red chili flakes

- 5 cups low-sodium chicken or vegetable broth
- 1 bunch kale, roughly chopped
- 3 cups cooked or canned (drained and rinsed) navy beans
- Juice of ½ lemon
- ½ cup grated Parmesan

**1)** In a large sautépan over medium heat, sauté pancetta or bacon until browned and some fat has rendered out, about 2 minutes. Remove meat from pan and set aside. Add onion and mushrooms to pan;

cook until softened, about 6 minutes. Add garlic, thyme or sage, black pepper and chili flakes; heat 30 seconds.

**2)** Place broth in pan, bring to a boil, reduce heat,

and simmer covered for 10 minutes. Stir in pancetta or bacon, kale and 1 cup beans; simmer for 10 minutes. Carefully puree soup in a blender, return to pan and stir in remaining beans and lemon juice. If soup is too thick, stir in additional broth or water.

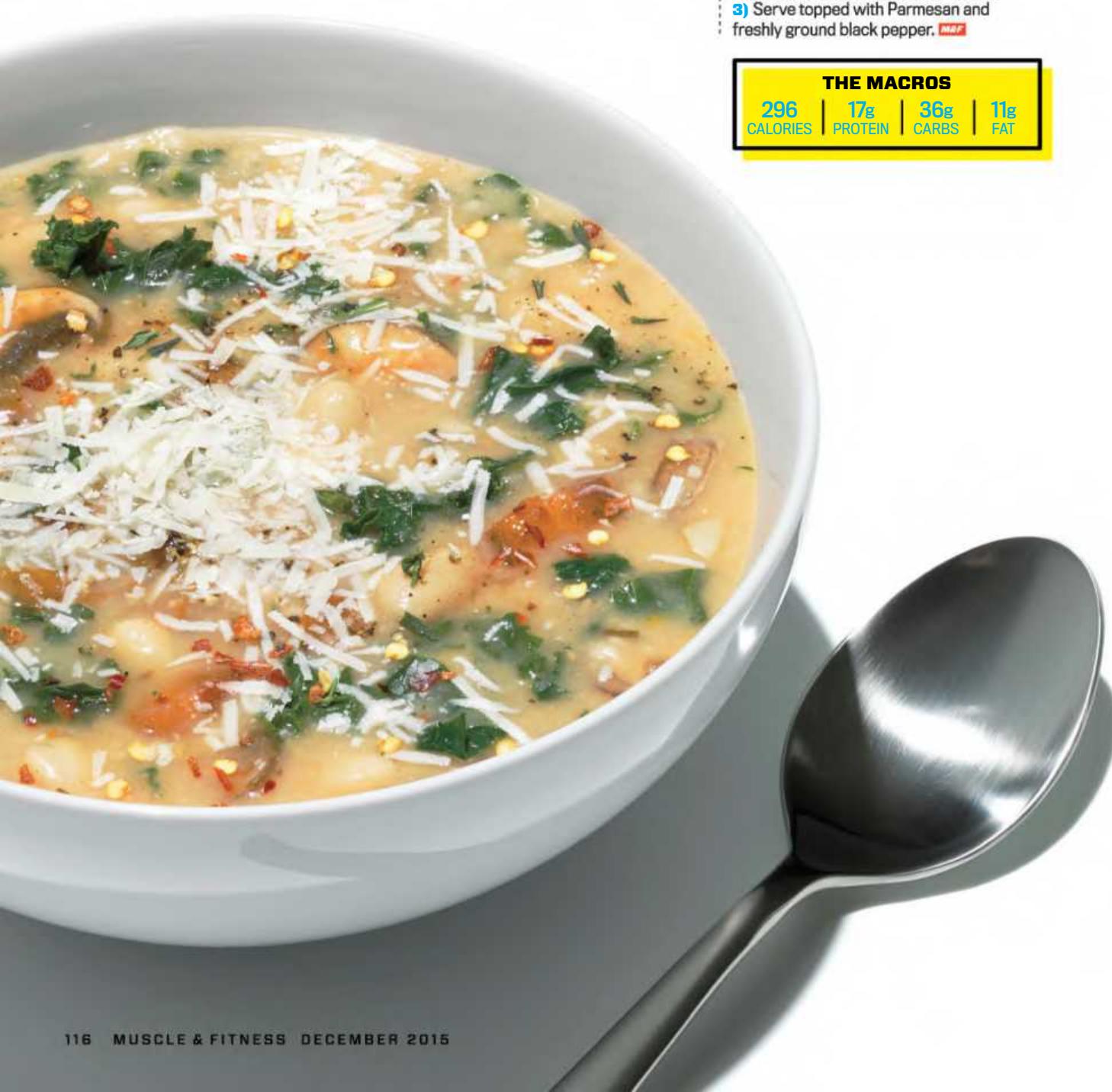
**3)** Serve topped with Parmesan and freshly ground black pepper. MEF

### CHEF'S TIP

Try making this soup a day or two before serving. The flavor only gets better.

### THE MACROS

296 CALORIES	17g PROTEIN	36g CARBS	11g FAT
--------------	-------------	-----------	---------



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M&F

# 2015

# GIFT GUIDE

Whether you're buying for someone in your life or just for yourself—these are the training gear, apparel, and tech picks that blew us away.

BY STEVE MAHANAHAN // PHOTOGRAPHS BY THOMAS LIGGETT

## GIFT GUIDE / APPAREL

1

### MIZZEN + MAIN CARVER

Constructed for men with an athletic build, this button-down combines sharp looks with modern technology—its fabric uses the same sweat-wicking technology found in your gym shorts to keep you cool.

\$125, [mizzenandmain.com](http://mizzenandmain.com)

2

### RHONE SEQUOIA 2.0 ¼ ZIP

Toss this base layer on when training takes you outdoors. Its construction helps optimize your core temperature, and it features a zipper pocket that allows you to safely stash your phone.

\$98, [rhone.com](http://rhone.com)

3

### BROOKS SEATTLE SHELL

Throw this on when you're training after dark—strategically placed reflective patches ensure you're never invisible, and a hidden hood keeps you warm if the temperature drops.

\$260, [brooks.com](http://brooks.com)

4

### ADIDAS TEAM ISSUE FLEECE TAPER PANTS

Zipper pockets prevent your keys from falling out during big movements (think cleans, jumping jacks, or sprints), while patented Climawarm tech keeps you snug no matter the conditions.

\$55, [adidas.com](http://adidas.com)

5

### UA HEAT-GEAR ARMOUR COMPRESSION SHIRT

You'll probably put this on when it's cold—it's good for that—but you can get more mileage from it when the sun's beating down, too. It features UPF 30-plus coverage to keep you from getting fried.

\$40, [ua.com](http://ua.com)

6

### BARBELL APPAREL JEANS

Skinny jeans and squats don't really work together. Enter Barbell Apparel's new denim—jeans designed for the athletic man, with extra room through the hips, thighs, and glutes.

\$149, [barbellapparel.com](http://barbellapparel.com)



**7**  
**REEBOK**  
**ALL**  
**TERRAIN**  
**EXTREME**

Built for obstacle-course races, these kicks are infused with Kevlar fabric that withstands rope climbs and sharp rocks. The ultra-grippy sole helps you scramble over every challenge.

\$150,  
[reebok.com](http://reebok.com)

## GIFT GUIDE / KITCHEN

**1**

### T-FAL OPTIGRILL

Season your food, drop it on the grill, close the lid, and select your preferred doneness—that's it. The grill senses your portion size and cooks it to your desired temperature (medium, rare, etc.).

**\$149, [walmart.com](http://walmart.com)**

**2**

### ISOLATOR FITNESS ISO-BAG 3-MEAL SYSTEM

A day's worth of meals fits in this insulated meal bag. It comes with six containers (four different sizes), so you can hit your macronutrient goals perfectly.

**\$70, [isolatorfitness.com](http://isolatorfitness.com)**

**3**

### KRUPS SAVOY EC314 COFFEE MAKER

A pre-workout favorite, coffee gets super-bold in this machine. It features an auto-on function that'll ensure a hot cup is ready when you wake up and regular/bold settings for your brew.

**\$80, [bedbathandbeyond.com](http://bedbathandbeyond.com)**

**4**

### DROP SCALE

Any kitchen scale can be precise, but none are this smart. The Drop Scale pairs with an app that offers interactive recipes, cooking tips, and ingredient substitutions to take the guesswork out of your meal prep.

**\$100, [getdrop.com](http://getdrop.com)**

**5**

### DRINKMATE MINI

We're not advocating for sugary soft drinks, but simple carbonated water has its place in an M&Fer's diet. Toss this compact soda-maker in your desk to fill your stomach and stave off hunger pangs.

**\$49, [wayfair.com](http://wayfair.com)**

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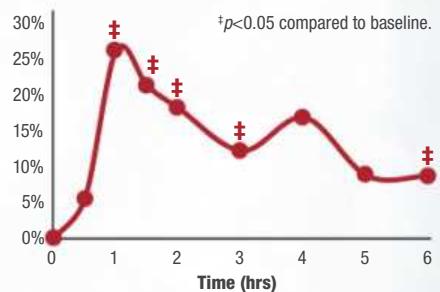
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\*Results compared to baseline.

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## GIFT GUIDE / FITNESS

1

### RYU RTEC LUX SERIES 1 QUICK PACK

From RYU's new, totally redesigned collection, this pack is made from a cotton-polyester blend with a durable back so it keeps its shape no matter what you put it through.

\$163, [ryu.com](http://ryu.com)

2

### TRX OUTDOOR GYM

The TRX Outdoor Gym is engineered for use in the elements, with straps meant to hang off a tree, a trailhead signpost, or anything else you can anchor it to. Use it to squeeze in a workout on the go.

\$225, [trxtreining.com](http://trxtreining.com)

3

### LIFEPROOF FRE POWER

It's submersible to a depth of six feet and guaranteed to survive drops from up to six feet, and it also doubles as a portable battery that'll keep you snapping selfies long after you should've stopped.

\$130, [lifeproof.com](http://lifeproof.com)

4

### HARBINGER BIG GRIP BAR GRIPS

Don't have access to an axle ("fat") bar? Don't sweat it. You can get the same forearm blast by slapping these grips around a standard Olympic barbell.

\$25, [humanxgear.com](http://humanxgear.com)



5

### LULULEMON THE TOWEL

This towel is designed to layer over your yoga mat to help avoid face-plants during downward dog, but we toss it in our bags to mop sweat off our brow (or a bench or barbell) after brutal sets.

\$38, [lululemon.com](http://lululemon.com)

6

### IHEALTH CORE BODY COMPOSITION SCALE

Get accurate measures of body fat, lean mass, bone mass, and more. Pairs with a smartphone app so you can easily track your progress.

\$130, [ihealthlabs.com](http://ihealthlabs.com)

7

### ROGUE OHIO LIFTING BELT

No fancy tech here—just strong, supple brown leather that's handcrafted into a thick, durable lifting belt to protect your back. Strap this on when you're bracing for a PR.

\$108, [roguefitness.com](http://roguefitness.com)

8

### BOWFLEX SELECTTECH 560 DUMBBELLS

Dial in the desired weight just like with older models of SelectTech dumbbells. Unlike the older ones, these send workout stats to your phone.

\$449, [bowflexselecttech.com](http://bowflexselecttech.com)



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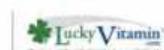


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## GIFT GUIDE / TECH

**1**

### TCL ROKU TV 3850

This hi-def TV combines Roku's familiar interface with a stunning display. Plus, you can cast videos of your latest PR straight to its 1080p screen (provided you have the Roku app) if you ever tire of the 2,000-plus streaming channels and nearly endless library of movies.

**\$340,** [walmart.com](http://walmart.com)

**2**

### SAMSUNG GEAR S2 SMART WATCH

The S2's modest exterior belies an impressive array of features. This smartwatch will text friends, track fitness levels, and even monitor caffeine intake while sliding between Gear-optimized apps like Twitter and Yelp.

**\$300,** [samsung.com](http://samsung.com)

**3**

### BEATS POWER-BEATS2 WIRELESS

Bluetooth connectivity means you'll never pull buds from your ears during big, compound movements. They're sweat- and water-resistant, too, so you won't fry them if you're dripping after a tough workout.

**\$200,** [beatsbydre.com](http://beatsbydre.com)

**4**

### XBOX ONE LIMITED EDITION FORZA MOTORSPORT 6 BUNDLE

This bundle comes with Forza 6 and a full terabyte of storage for movies, TV shows, and replays of you beating your buddies to the finish line. Xbox One exclusives include Halo, Rise of the Tomb Raider, and Forza.

**\$399,** [amazon.com](http://amazon.com)

**5**

### LOGITECH G920 DRIVING FORCE RACING WHEEL

Pair this steering wheel with the Xbox One to turn your living room into an arcade. It mimics conditions on the digital road, so if you whip around corners, you'll need to exert more force to get back on track.

**\$400,** [gaming.logitech.com](http://gaming.logitech.com)

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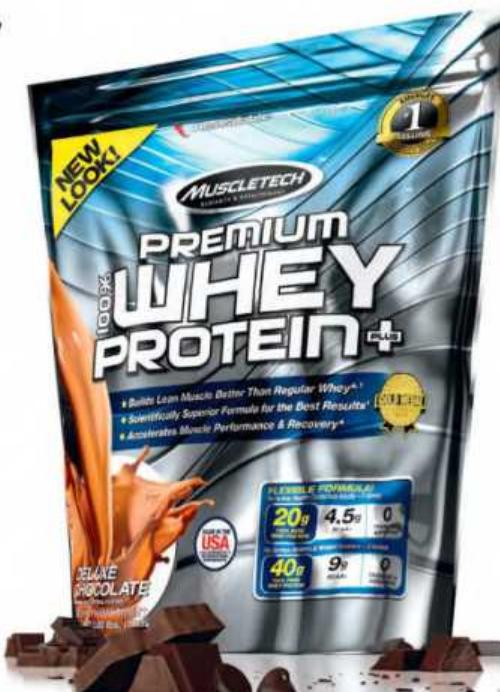
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## THE BEST BUYS OF THE HOLIDAYS



1



5



2



3



4

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1

### JBL EVEREST OVER-EAR HEADPHONES

This exclusive line of completely wireless, noise-cancellation headphones can be found only at Best Buy this season.

**\$300, bestbuy.com**

2

### JAWBONE UP2

This ultrasleek activity tracker logs info for 10 days without a charge, providing details on sleep, calories, and more. The built-in Smart Coach guides you toward your fitness goals.

**\$100, bestbuy.com**

3

### APPLE TV

Plug this into any TV with an HDMI port for access to dozens of apps and thousands of movies, music, and TV shows. Siri will help show you the ropes.

**\$150 for 32GB,  
\$200 for 64GB,  
bestbuy.com**

5

### PHILIPS NORELCO MULTIGROOM 5100

With 18 beard and 12 stubble settings, four grooming tools, and three combs, this powerful razor will tame anything.

**\$40, bestbuy.com**

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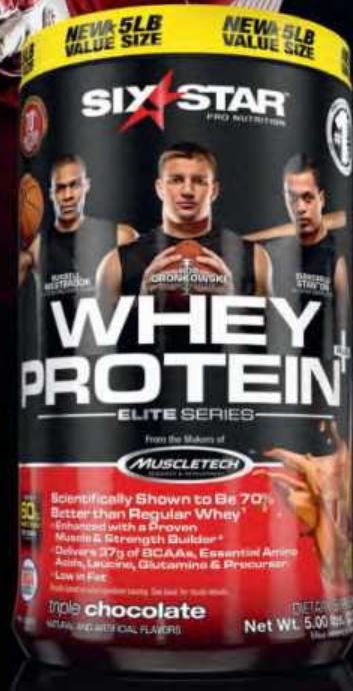
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# TIME UNDER



# TIME UNDER TENSION TRAINING



## BARBELL BACK SQUAT

Use a low bar position with the bar resting across your traps—not at the base of your neck. As for depth, thighs parallel to the floor is textbook, but going slightly lower (as pictured) is even better.

Extending the length of your sets may be the best and most underutilized way to build slabs of muscle.

BY DAN TRINK, C.S.C.S. // PHOTOGRAPHS BY EDGAR ARTIGA



## THERE ARE LOTS OF

reasons to have an eye on the clock when you're training. Timing your workouts and rest periods will make sure that you aren't taking too long between sets; it will guarantee you finish your training with enough time to get to work; and it will even get you back on track when you are staring too long at the cute girl wearing yoga pants in the squat rack.

But there is one aspect of timing

in your workouts that you may be missing out on completely. One that will ensure that you are working your muscles in a way that optimizes growth. A method that has you time out the length of each phase (lowering, lifting, pausing) of each rep and, ultimately, each set in order to promote the greatest amount of muscle gain. This technique is simply called Time Under Tension (TUT) training.

TUT can be achieved in two ways. The first is to set a timer—say, for 40 seconds—and continue to perform an exercise for that amount of time without stopping. A more effective way, and the one this program will focus on, is to use a tempo prescription for each rep. Why is this more effective? Because it allows you to specifically slow down the eccentric or lowering phase of each rep. And there is much research to back up that slow eccentric phases are an effective way to build mass.

In our program charts, tempo is laid out as a four-digit number. Each number correlates with a specific phase of the movement and

## TIME UNDER TENSION

represents the number of seconds you will spend in this phase. The first number represents the lowering phase (for example, the descent in a squat, lowering yourself in a pullup, or bringing a bench press down to your chest). The second number refers to any pause at the bottom of the movement. The third is the lifting phase in which you are overcoming gravity to lift the bar or your body. The final number is any pause that might occur at the top. So a 4-1-1-0 tempo for a back squat would have you lowering for a four-second count, pausing for one second at the bottom, taking one second to stand up, and then not pausing at the top. Using tempo this way will force each rep to last six seconds ( $4+1+1+0 = 6$ ). If you maintain this tempo for eight reps, then the entire set will take 48 seconds, which falls right in the middle of the ideal time under tension range to build muscle (40 to 60 seconds).

And while it may take a workout or two to get used to using tempo, the benefits are worth it. Here's how to shorten your learning curve.

- **MOST TUT PROGRAMS** (this one included) focus on a slow lowering phase and a fast lifting phase. So even if you lose count of the seconds for each, remember that you should go down slow and come up fast.
- **YOU ARE GOING** to want to cheat the rep speed and move faster as you fatigue. Don't. Get a training partner to count the tempo for you. Three or four seconds is a long time.
- **BE CONSERVATIVE** with your weight selection. While you may be able to bench 225 for 10 reps normally, the longer lowering phase will make things much harder. Cut 20% off the weight you use. While this may not be great for your ego, controlling the TUT will ultimately give you the size you want.
- **YOU WILL LIKELY** be very sore the first week or two of training this way. Prepare appropriately.

# THE PROGRAM

**DIRECTIONS:** Perform each workout once per week, resting on two nonconsecutive days. Note that the reps shown in the charts are for use in Week 1 only. In Weeks 2 to 4, use the following guidelines:

● **WEEK 2** - All reps go to 10-12

● **WEEK 3** - All reps go to 6-8

● **WEEK 4** - All reps go to 12-15

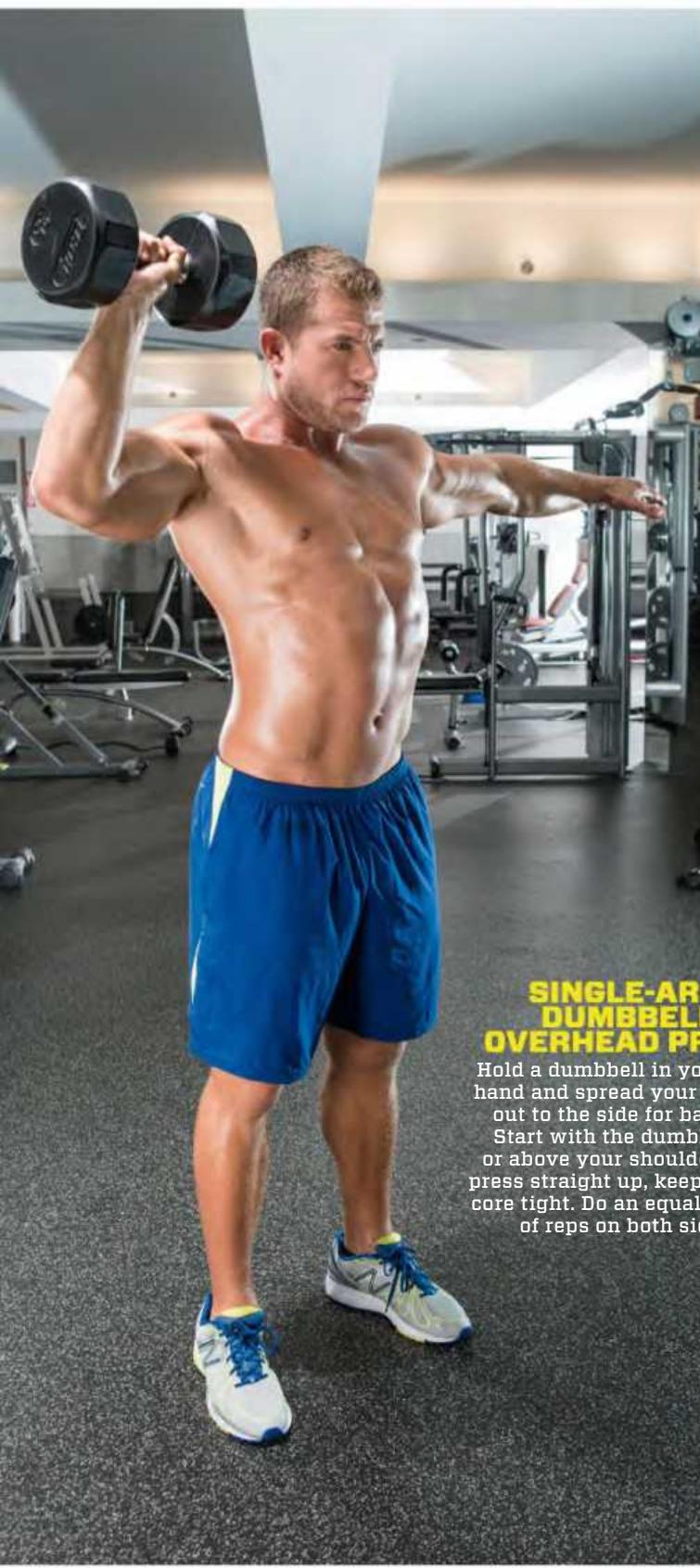
You will also need to scale your weights appropriately from week to week. When the number of reps per set goes down, weights should increase over the previous week's. When the number of reps per set goes up, weights will likely have to decrease.

## WEEK 1 // DAY I

EXERCISE	REPS	SETS	TEMPO	REST
A. Barbell Back Squat	8-10	4	4-0-1-0	60 sec.
B1. Dumbbell Stepups	8-10/leg	3	3-0-1-0	60 sec.
B2. Romanian Deadlift	8-10	3	4-0-1-0	60 sec.
C1. Walking Lunge	8-10/leg	3	2-0-1-0	60 sec.
C2. Hanging Knee Raise	8-10	3	4-0-1-0	60 sec.

## WEEK 1 // DAY II

EXERCISE	REPS	SETS	TEMPO	REST
A. Bench Press	8-10	4	3-1-1-0	60 sec.
B1. Single-arm Dumbbell Overhead Press	8-10/side	3	3-0-1-0	60 sec.
B2. Cable Chest Flye	8-10	3	4-0-1-0	60 sec.
C1. Seated Arnold Press	8-10	3	3-0-1-0	60 sec.
C2. Pushups	8-10	3	4-0-1-0	60 sec.



### SINGLE-ARM DUMBBELL OVERHEAD PRESS

Hold a dumbbell in your right hand and spread your left arm out to the side for balance. Start with the dumbbell at or above your shoulder, then press straight up, keeping your core tight. Do an equal number of reps on both sides.

## TIME UNDER TENSION



### DUMBBELL STEPUPS

Hold a dumbbell in each hand and place a bench or box on the floor in front of you that's knee height. Place one foot on the bench and drive through your heel to come up onto the bench. Keep your torso upright.

### WEEK 1 // DAY III

EXERCISE	REPS	SETS	TEMPO	REST
A. Pullup	8-10	4	4-0-1-0	60 sec.
B1. Barbell Bentover Row	8-10	3	3-0-1-0	60 sec.
B2. Cable Straight-arm Pulldown	8-10	3	4-0-1-0	60 sec.
C1. Single-arm DB Row	8-10/side	3	3-0-1-1	60 sec.
C2. Rear Dumbbell Flye	8-10	3	4-0-1-0	60 sec.



### BARBELL BENTOVER ROW

Set a barbell on a rack at hip level and grasp it with both hands at shoulder width. Take the bar out of the rack, step back, and set your feet at shoulder width. Bend your hips back and lower your torso until it's about parallel to the floor. Row the bar to your belly, keeping your lower back in its natural arch.

**TIME UNDER TENSION****WEEK 1 // DAY IV**

EXERCISE	REPS	SETS	TEMPO	REST
<b>A. Trap-bar Deadlift</b>	8-10	4	3-0-1-0	60 sec.
<b>B1. Heel-elevated Goblet Squat</b>	8-10	3	3-2-1-0	60 sec.
<b>B2. Glute-Ham Raise</b>	8-10	3	4-0-1-0	60 sec.
<b>C1. Leg Press</b>	8-10	3	3-1-1-0	60 sec.
<b>C2. Reverse Hyperextension</b>	8-10	3	3-0-1-0	60 sec.

**WEEK 1 // DAY V**

EXERCISE	REPS	SETS	TEMPO	REST
<b>A. Barbell Floor Press</b>	8-10	4	3-1-1-0	60 sec.
<b>B1. Close-grip Chinup</b>	8-10	3	3-0-1-0	60 sec.
<b>B2. Decline EZ-bar Skull Crusher</b>	8-10	3	4-0-1-0	60 sec.
<b>C1. Incline DB Curl</b>	8-10	3	3-0-1-0	60 sec.
<b>C2. Triceps Rope Pressdown</b>	8-10	3	3-0-1-0	60 sec.

**HEEL-ELEVATED GOBLET SQUAT**

Hold a single dumbbell vertically in your hands, palms cupped under the top end of the bell. Stand with your heels on a pair of plates, then perform squats, dropping your hips low and keeping your back flat throughout the move.

**DECLINE EZ-BAR SKULL CRUSHER**

Hold a loaded EZ-bar and lie on a decline bench, hooking your feet under the foot rest. Keeping your elbows fixed in place throughout the move, bend them to lower the weight to the top of your head, then engage your triceps to extend the weight back to the top.



#### ◀ REAR DUMBBELL FLYE

Hold a pair of light dumbbells and lie facedown on an incline bench. Keep your elbows extended while you spread your arms away from your body to form a T. Squeeze your rear delts in the peak position.

#### TRAP-BAR DEADLIFT ▶

Stand in the middle of a loaded trap bar and squat low to grab the handles. Keep your back flat and look straight forward as you push through your heels to stand up.



#### DAN TRINK, C.S.C.S.,

is a strength coach and personal trainer and the author of the book *High-Intensity 300* from Human Kinetics. Find him on Facebook: [TrinkFitness](#) and on the Web: [trinkfitness.com](http://trinkfitness.com) MAP

## ONE-ARM CABLE LATERAL RAISE

Go back and forth between arms on lateral raises without taking any breaks between sets—your right delt will get a rest when your left delt is working, and vice versa.





THE STRAIGHT UP SERIES

# DELTs

Leave no machine unused to build a bigger set of shoulders this winter.

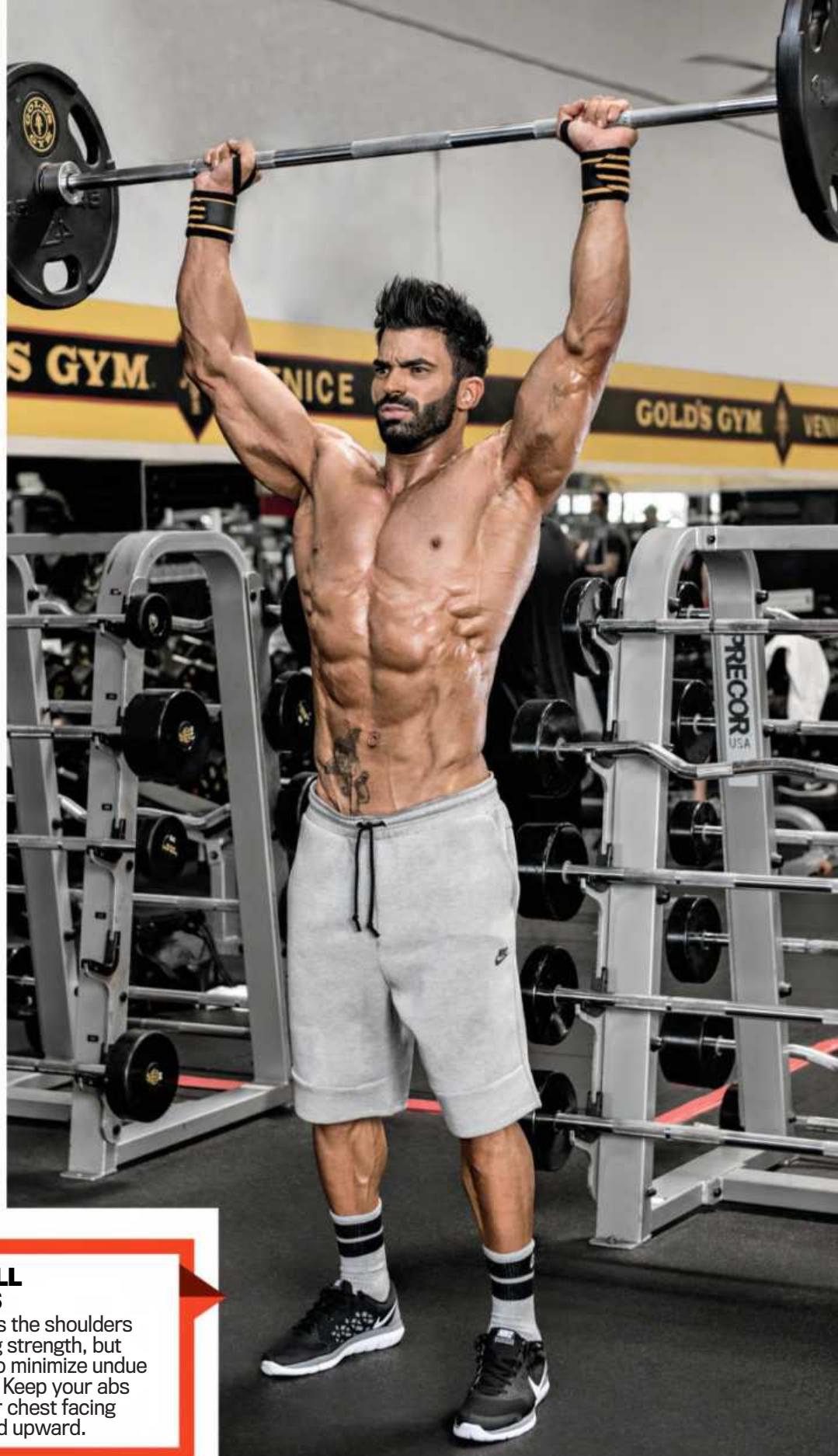
BY JOE WUEBBEN // PHOTOGRAPHS BY PER BERNAL // WORKOUT DESIGNED BY JIM RYNO // MODEL: SERGI CONSTANCE

## STRAIGHT UP: DELTS

### THE GYM IS YOUR

playground. Use everything it has to offer—free weights, machines, cables—to build size, strength, and balanced symmetry. Excluding any one piece of equipment as “nonfunctional” is being close-minded to all the benefits that can be reaped from doing an exercise you’ve never tried or haven’t done in years.

The following delt workout is nearly as diverse as the shoulder joint itself. It utilizes four distinct pieces of equipment—a barbell, a Smith machine, a pec deck, and a cable station—to develop strength, hypertrophy, and a healthy dose of detail-oriented isolation work. There’s something here for every deltoid head (middle, anterior, posterior), and the exercise variety will keep even the most ADD-challenged person from getting bored. But, hey, if the Smith machine isn’t “functional” enough for you, go ahead and let someone else build bigger shoulders on it.



### STANDING BARBELL OVERHEAD PRESS

The focus on this big lift is the shoulders and upper-body pressing strength, but be mindful of your core to minimize undue strain on the lower back. Keep your abs tight throughout and your chest facing straight ahead, not angled upward.



### SMITH MACHINE UPRIGHT ROW

With the machine doing much of the stabilizing work for you, go as heavy as possible on this move (while still minimizing cheating) to maximize muscle overload. Space your hands around shoulder-width apart to reduce biceps involvement. Hold the top position for a count of two to three seconds on each rep, squeezing your delts hard. MEF



### REVERSE PEC DECK

This is a pure isolation movement designed to target the often neglected rear deltoids. If your gym doesn't have a pec deck, you can substitute with bentover rear-delt flyes.

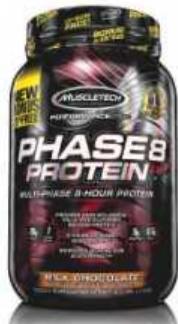
## THE WORKOUT **DELTS**

EXERCISE	SETS	REPS	REST
Standing Barbell Overhead Press*	4	10	2 min.
Smith Machine Upright Row	3	12	1 min.
Reverse Pec Deck	3	15	45 sec.
One-arm Cable Lateral Raise	4	10	-

\*Also known as the Military Press.

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# SUPPS

THIS MONTH IN SUPPLEMENT NEWS

## D-fense

**It's hard to overstate the importance of vitamin D—and winter months make it incredibly hard to get.**

### DEFICIENCY IN VITAMIN D

leads to decreased muscular strength, energy, as well as muscle and bone pain. We've long recommended vitamin D supplementation, even as one study found that fair-skinned individuals can produce up to 20,000 IU in less than 30 minutes of sunbathing. By comparison, there are only 115 IU of vitamin D in one cup of fortified skim milk, and a typical vitamin D supplement is 1,000 IU. However, we still recommend taking a supplement because there is a major catch to trying to get your vitamin D only by heading

outdoors: This phenomenon is limited almost entirely to the summer months. Anyone living north of the Texas Panhandle can't produce any vitamin D during the winter months because of the angle of the sun to the earth's surface. Our recommendation: Try to get 5,000 IU every day through a diet rich in salmon, tuna, eggs, yogurt, milk—and supps.



TIM TADDER/CORBIS

THIS MONTH'S SUPP NEWS



## THE KEY TO GROWTH?

Protein blends are encroaching on whey's popularity; we took a look at what the science says.

# Better Together

Whey's days as the most popular protein powder are numbered. Science is proving that protein blends are more effective for building muscle.

BY RAZVAN RADU

## WITH MORE AND MORE RESEARCH

being done on newer protein forms, we wanted to take a deeper look at the different proteins and debunk any myths that are floating around the fitness industry. Specifically, we examined the different types of protein and show how you may benefit more from a protein blend, rather than sticking with just plain whey.

### THE POWER OF THREE TOTAL PROTEIN COVERAGE

1

#### WHEY PROTEIN

It is the fastest-digesting protein and often taken post-workout to support recovery. Because of its speed, it supports protein synthesis for a short time, which is why it may not be the optimal protein.

2

#### CASEIN PROTEIN

Casein is known as the ideal protein to take before bed. This is because it digests slowly and provides a steady stream of aminos to support recovery and growth for anywhere between five and seven hours.

3

#### SOY PROTEIN

Soy has gotten a bad rap as an estrogen booster due to inconclusive studies. In reality, soy has the full range of aminos to build muscle and delivers them with a speed in between whey and casein.

GET THEM IN PROBOLIC-SR



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Take it from a guy who had little to no business knowledge, working with a few people in a park, to opening and managing my own training facility and staff at Jeremy Scott Fitness in North Scottsdale, Arizona.

The biggest bonus of working with ISSA is the network of other like-minded, trusted, hard working fitness professionals you meet and are associated within the ISSA family. The relationships I have built with other fitness pros over the years are priceless."

—Jeremy Scott, ISSA CFT, SFN  
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Jason Swart



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## BLEND VS. WHEY THE STUDY

### A RESPONSE THAT IS SEVEN TIMES GREATER THAN WHEY

New research on protein synthesis is constantly being published, and one recent study in particular caught our attention. Published in the *Journal of Applied Physiology*, the study compared the difference in anabolic response from a pure whey protein versus from a blend of whey, soy, and casein proteins. Researchers showed that the protein blend resulted in an anabolic response that was seven times greater compared with pure whey. This is because the varying digestion rates of casein, soy, and whey provide slow, medium, and fast delivery, allowing you to stay in an anabolic state longer.

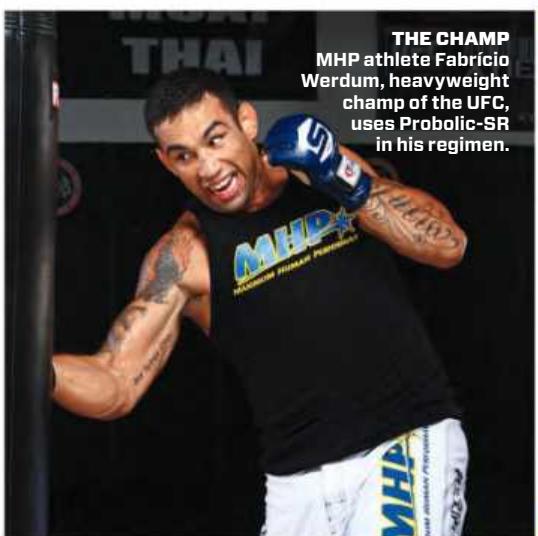


#### LONGER LASTING

A blend of fast-, slow-, and medium-digesting proteins keeps the anabolic window open longer than just whey.

### MHP PROBOLIC-SR

The research-backed blend has been taken to the market in the form of Probolic-SR. The formula behind it incorporates a whey, soy, and casein blend to provide sustained protein delivery. This blend ensures that you remain in an anabolic state for an extended period compared with whey. The blend is accompanied by a patented Sustained Release Micro-Feed Technology providing sustained release of critical amino acids for up to 12 hours after being ingested. By allowing for different delivery times of the amino acids glutamine, arginine, leucine, isoleucine, and valine, you are ensuring that the anabolic effects of protein are much more prolonged than with any other supplement on the market. To find out more, visit [mhpstrong.com](http://mhpstrong.com).



**THE CHAMP**  
MHP athlete Fabricio Werdum, heavyweight champ of the UFC, uses Probolic-SR in his regimen.

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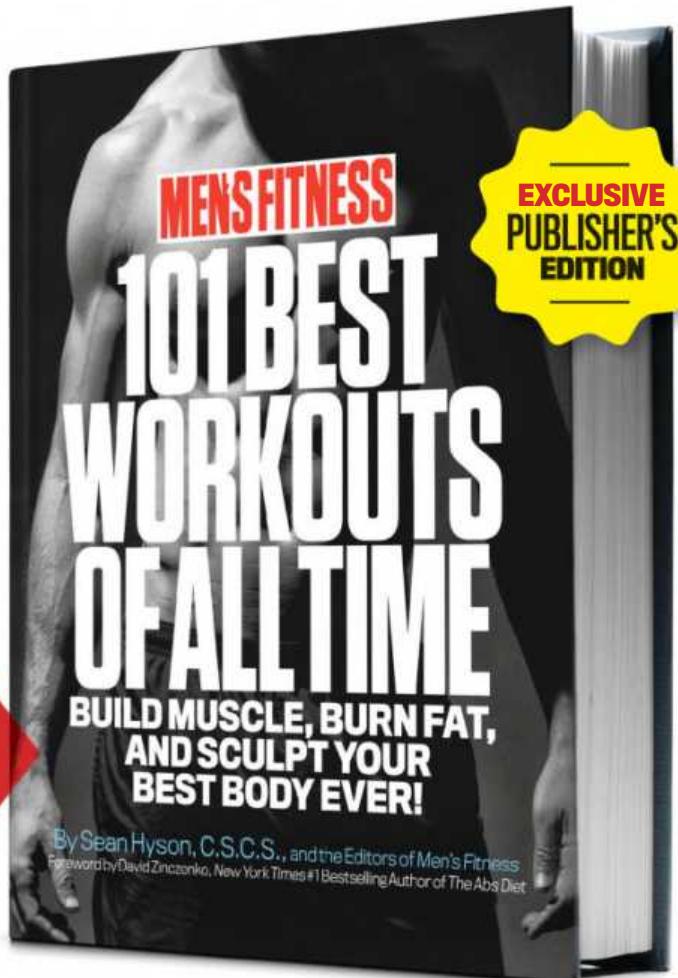
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# Mission Accomplished

At long last, a protein bar without the junk.

BY RAZVAN RADU

## NO MATTER HOW WELL

you plan, sometimes you have to grab something on the go. Protein bars are good in theory, but if you take a good look at the label, you'll realize most aren't much better than a candy bar. Many use low-quality protein sources, artificial sweeteners, simple carbs, and unnecessary fats. December's Supp of the Month earned that title by avoiding all of these aforementioned pitfalls.

## A LOOK INSIDE MISSION1 BARS

### QUALITY PROTEIN

Most protein bars contain protein from cheap sources like collagen or gelatin, which aren't optimal for building lean muscle. The Mission1 bar contains 100% whey and milk isolate, like top powder blends.

### CARB CONTROL

Mission1 bars are meant to be more than a candy bar with protein. To that end, they contain up to 20g of fiber to only 1g of sugar. On top of that, they have zero sugar alcohols, which are often the cause of bloating and digestive problems.

### REAL INGREDIENTS

With Mission1 bars, you're getting absolutely zero artificial flavors and colors. To sweeten the bars, MuscleTech uses only stevia, a natural, plant-derived sweetener. They also contain no fillers, so every ingredient carries a benefit.



### INTRODUCING MUSCLETECH MISSION1 BARS

MuscleTech's Mission1 protein bars provide 20-21 grams of clean, quality protein plus complex carbohydrates you need to fuel your day. The bars are available in three flavors—Cookies & Cream, Chocolate Chip Cookie Dough, and Chocolate Brownie—all of which feature 100% protein isolate, zero artificial flavors or colors, no sugar alcohols, and 17-20 grams of fiber with only 1 gram of sugar.

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# A Good Read

Arnold has never been prouder to be a part of his favorite magazine.

**PERHAPS MORE** than any other vehicle, this magazine helped me become a major force in the fitness industry, which in turn paved the way for me to realize so many other dreams.

My relationship with *M&F* (then called *Muscle Builder/Power*) began when I was a kid and I saw Reg Park on the cover. In those days, the only way you could see a physique like that was on a movie

screen or a magazine cover, and only the magazine would tell you how it was built. It was a seminal moment in my life, both inspiring me to see beyond the horizons of my humble Austrian farm village and giving me my first concrete plan for how I would escape it: build up my body, become a champion, get into movies, and use my fame to change the world. To think that it's still having the same effect on readers—including my friend Dwayne "The Rock" Johnson, whom you can read about in stories starting on pages 22 and 86—so many years later, and that this year is in fact its 75th anniversary, blows my mind. I've never felt more honored and humbled to be a part of it.

And none of it would have been possible without *M&F*'s founder, my late, great friend Joe Weider. Back in the 1950s, Joe published several bold predictions about bodybuilding that seemed ludicrous to most people at the time—that it would be recognized as a crucial form of exercise and be practiced all over the world. Now, three-quarters of a century later, all of what Joe said has proven not only true but obvious. More than any fitness guru who's come and gone, Joe completely understood bodybuilding's value and the impact it could have on health, culture, and overall happiness. His cause has become my crusade, and I'm proud of my position as executive editor at the magazine that still represents it best.

***Yours in Iron,***



**Arnold Schwarzenegger**



#### COMING FULL CIRCLE

Arnold grew up on this magazine, then became a huge part of it. This month's cover subject shares a similar story.

# THE M&F 2015 GIFT GUIDE



### ◀ APPAREL

**Page 118:** Mizzen+Main Carver dress shirt, \$125, [mizzenandmain.com](http://mizzenandmain.com); Adidas pants, \$55, [adidas.com](http://adidas.com); Rhone 1/4 Zip pullover, \$98, [rhone.com](http://rhone.com); Under Armour UA HeatGear Armour Printed Compression Shirt, \$40, [ua.com](http://ua.com); Barbell Apparel jeans, \$149, [barbellapparel.com](http://barbellapparel.com); Brooks Seattle Shell, \$260, [brooks.com](http://brooks.com). **Page 119:** Reebok All Terrain sneakers, \$150, [reebok.com](http://reebok.com).



### ▲ TECH

**Page 124:** TCL Roku TV, \$340, [walmart.com](http://walmart.com); Logitech G920 wheel, \$400, [gaming.logitech.com](http://gaming.logitech.com); Xbox One Forza Bundle, \$399, [amazon.com](http://amazon.com); Powerbeats<sup>2</sup> Wireless ear buds, \$200, [beatsbydre.com](http://beatsbydre.com); Samsung Gear S2, \$300, [samsung.com](http://samsung.com).



### ▲ THE BEST BUYS OF THE HOLIDAYS

**Page 126:** JBL Everest Over-Ear headphones, \$300; Jawbone Up2 activity tracker, \$100; Apple TV-32GB, \$150, 64GB, \$200; 360fly video camera, \$400; Philips Norelco Multigroom 5100, \$40; all available at Best Buy locations nationwide or [bestbuy.com](http://bestbuy.com).

### ► FITNESS

**Page 122:** Ryte Tec Lux Series 1 Quick Pack, \$163, [ryte.com](http://ryte.com); TRX Outdoor Gym, \$225, [trxtraining.com](http://trxtraining.com); LifeProof FRE Power case, \$130, [lifeproof.com](http://lifeproof.com); Harbinger bar grips, \$25, [harbingerfitness.com](http://harbingerfitness.com); Lululemon The Towel, \$38, [lululemon.com](http://lululemon.com); iHealth Core Wireless Body Composition Scale, \$130, [ihealthlabs.com](http://ihealthlabs.com); Rogue lifting belt, \$108, [roguefitness.com](http://roguefitness.com); Bowflex SelectTech 560 Dumbbells, \$449, [bowflexselecttech.com](http://bowflexselecttech.com).



### ◀ KITCHEN

**Page 120:** T-fal OptiGrill grill, \$149, [walmart.com](http://walmart.com); Isolator Fitness Isobag 3 Meal System, \$70, [isolatorfitness.com](http://isolatorfitness.com); Krups Savoy EC314 coffee maker, \$79, [bedbathandbeyond.com](http://bedbathandbeyond.com); Drop kitchen scale, \$100, [getdrop.com](http://getdrop.com); DrinkMate Mini soda maker, \$49, [wayfair.com](http://wayfair.com).



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